



# COLORADO MOUNTAIN CLUB

## BACKPACKING SECTION



## BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

March 2025

### CHAIR'S CORNER - Louise Campbell-Blair



Let's give a huge shout-out to our amazing BPX Trip Leaders! It was fantastic to have so many of them join us at the recent BPX Trip Leader Summit. We truly appreciate each and every one of these dedicated leaders whose expertise ensures you have an incredible experience and stay safe in the backcountry. While all of them shine, a few stood out this year. The winners of the BPX Trip Leader Awards were:

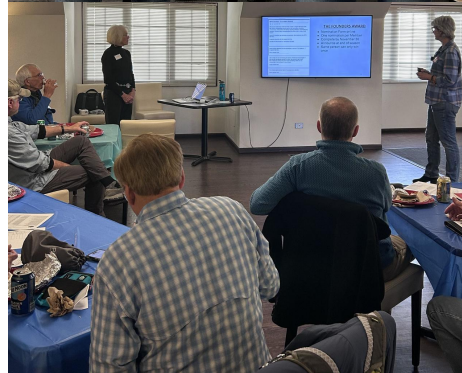
- Daniel Schweissing – The *SNOW BOOTS Award* for leading another season of exceptional winter camping.
- Tim Musil – The *EXPLORER Award* for leading the most far flung trip (Grand Canyon).
- Eric Butler, Marianne Curtis, Robert Koche, Terry Ploski, Michael Rees, and George Vandyke – *ROOKIES Awards* for leading their first BPX Trip.

A sincere thank you to the [BPX Committee](#) for organizing this outstanding event, featuring 140 carefully curated BPX trip ideas for leaders to schedule, along with hands-on activities offering valuable tips for improving trips.

Click [here](#) to see the slides from the BPX Trip Leader Summit.

It's shaping up to be an amazing season, so don't miss next month's BPX Member Summit to hear all about it!! Looking forward to seeing you all there. More information on the BPX Member Summit below.

Stay connected with us – we love hearing from you on our socials and at [cmcbpx@gmail.com](mailto:cmcbpx@gmail.com).



## BPX MEMBER SUMMIT - April 23

There's still time to register for the BPX Member Summit (previously call the BPX Member Trip Rollout). Your BPX Committee and Trip Leaders are busily working on backpacking and camping trips for the upcoming season. Sign up now to hear all about them and get psyched for YOUR upcoming season! This event is for BPX Members AND BPX Trip Leaders.

This is a hybrid event so you can join either in-person or via Zoom-- please indicate when registering. The in-person event this year will be at the Holiday Inn Lakewood: 7390 W Hampden Ave, Lakewood, CO 80227.

[Register Here](#)

*This is an exclusive event for BPX Members, so please do not register any guests.*

## BPX EDUCATION EVENT

### Learning to Read the Sky

We're excited to kick off a new series of educational events to help all Members get ready for your backpacking trips! To start, we're diving into one of the trickiest challenges: understanding the weather. A huge thanks to the WTS team for bringing us this awesome seminar from local TV Meteorologist Chris Spears on 'Learning to Read the Sky'.

Your task before the BPX Member Summit? Watch the video! We'll have a quiz at the summit, and of course, there will be prizes – come prepared to show us what you know! See you at the Summit!

## High Clouds - Iridescence



## BPX TIP OF THE MONTH

### Get Your Gear and Yourself into Backpacking Shape

The summer backpacking season is almost here, so besides planning where you are going, it's also time to start getting your gear and yourself into backpacking shape.

#### Gear Tips:

- **Clean Gear**--Make sure your gear is clean.
- **Tent**--Set it up and make sure its poles and zippers are in good working order and count your stakes, replacing any you lost or bent last year.
- **Water Filter**--Make sure it has a good flow since over the winter it could have dried out.
- **Sleeping Pad**--Blow it up and lie on it to make sure it stays inflated.
- **First Aid Kit**--Replenish anything you used and check the dates on medications, replacing any with an expired date.
- **Batteries**--Test items with batteries like headlamps, GPS, and satellite communication devices.
- **Waterproofing**--Reproof raingear and boots.
- **Stove**--Make sure it is working properly, and check that you have canisters with adequate fuel.
- **General Inventory**--Instead of the "night before your trip panic", check that all your gear is accounted for as well as its condition—sleeping bag and zipper, backpack, puffy, raingear, your hiking boots/shoes have enough tread, etc.

#### Training Tips:

Instead of relying on the “couch to trail” method, now is the time to start getting into shape, especially if you’ve spent most of your winter hibernating. It’s important to increase strength and endurance in your core and leg muscles as well as your overall cardio condition so you can enjoy your outing instead of suffering through it with a bottle of ibuprofen.

- Legs--squats, lunges, step-ups, calf raises
- Core--planks, Russian twists, mountain climbers
- Upper Body--rows, shoulder presses, push-ups
- Flexibility--stretches and yoga. (When you bend down to get water, you want to make sure you can get up again without landing in the stream.)

It's also important to increase your cardio endurance with activities like biking, swimming, and running. With spring coming, you can start hitting the trail with increasing distances and pack weights. Not only will this improve your cardio fitness but also the durability in your feet, ankles, and hips. Consider easy backpack trips as well to check out the condition of both you and your gear.

Here are some good articles about getting yourself in backpacking shape:

- [How to Train for a Thru-Hike](#) post from ULA Equipment
- [How to Train for Backpacking](#) from REI
- [A Home Workout to Stay in Hiking Shape](#) from the Appalachian Mountain Club
- [How to Train for Backpacking, From Start to Finish](#) blog from Hyke & Byke

Maybe with pre-season conditioning you will lose some belly weight, too--the cheapest way to reduce your base weight!

## LEAD THE PACK

### Welcome New BPX Trip Leaders

Herman Schumacher - Denver

Barb Edwards - Denver

Emily Kachergis - Denver

Sean O'Connell - Denver

## TREAD LIGHTLY

### Sustainability, Recycling, Leave No Trace

Getting your gear ready for the season and discovering half-empty gas canisters? Or maybe your garage is piling up with them! Don't let that fuel go to waste – and definitely don't lug around two half-full canisters on your trip. Flip Fuel's got you covered! It's the simple, smart solution to transfer gas from one canister to another! [www.flipfuel.co](http://www.flipfuel.co) (and yes, that's co not com!)



## BPX TRIPS

BPX Backpacking and Camping trips are already being scheduled with more coming following the BPX Trip Leader Summit held on March 19, so stay tuned to the CMC website!

### [Upcoming Trips](#)

Dates / Registration Date	Difficulty	Trip
Apr 7-11 Mon-Fri / Open	Challenging	<a href="#">Backpack/Hiking in Reflection Canyon Region of Escalante</a>
May 9-11 Fri-Sun / Open	Difficult	<a href="#">Canyonlands - Elephant Canyon Loop to Druid Arch</a>
May 13-14 Tue-Wed / Apr 13, 6:50pm	Easy	<a href="#">Wigwam Park from Wigwam TH Gear check</a>
May 17-18 Sat-Sun / Apr 13, 7:10pm	Easy	<a href="#">Wigwam Park from Wigwam TH Gear Check</a>
May 31-Jun 1 Sat-Sun / Apr 23, 4:45am	Easy	<a href="#">Morrison Creek from Little Scraggy TH Gear Check</a>

## BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL - 2025

Although rare within the CMC, backcountry incidents when they do happen are stressful, confusing, and the wrong activities can potentially compound to make a bad situation even worse. 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 offers the Backcountry Incident Management School.



### Classes for this all-day event:

Sept 13: Primary Student Session

Sept 20: Potential date only if there are sufficient students on the 9/13 Wait List

### Prerequisites:

Successful completion of a recent Wilderness First Aid course

Course tuition: \$30\*      Enrollment opens April 1st.

Please visit the BIM School homepage for more info: [Backcountry Incident Management School — The Colorado Mountain Club](#)

For additional information: Contact Wayne Howell: [wjh59@pm.me](mailto:wjh59@pm.me). Please reference BIM School in the subject line.

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\*Active BPX Trip Leaders can receive a BPX Scholarship for this school.

## SCHOOLS/EVENTS

DENVER	

TRIP LEADER SCHOOL	More info <a href="#">here</a>
WILDERNESS TREKKING SCHOOL (WTS)	Starts <a href="#">Apr 8</a>
BACKPACKING SCHOOL	Starts <a href="#">May 7</a>
CPR/AED FOR OUTDOOR ENTHUSIASTS	<a href="#">Apr 3</a>

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<b>PIKES PEAK</b>	
LAND NAVIGATION	Starts <a href="#">Apr 16</a>
WTS - WILDERNESS FUNDAMENTALS	Starts <a href="#">May 5</a> <a href="#">Sep 15</a>
INTRO TO BACKPACKING	Starts <a href="#">Jun 9</a> <a href="#">Aug 11</a>

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<b>NORTHERN COLORADO</b>	
AIARE 1	Starts <a href="#">Mar 28</a>

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<b>STATE</b>	
WILDERNESS FIRST AID/FIRST RESPONDER	Multiple Offerings - Check CMC Website <a href="#">here</a>

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Continue to check the CMC Website for additional courses.

## BPX MEMBER INFO

**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 calling the CMC Office at (303) 279-3080.

**DENVER GROUP MILEAGE REIMBURSEMENT GUIDELINES:** [here](#)

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

**COLORADO AVALANCHE INFO:** Click [here](#)

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

It's Mud Season, so remember to check the website or land manager for upcoming trips to make sure the trail is open.

*CMC Backpacking Section Supports Leave No Trace*

[View BPX Calendar](#)



**The Colorado Mountain Club**  
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