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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

June 2022

CHAIR'S CORNER - Uwe Sartori

Wow, hard to believe that we're only a couple of weeks away from the 4th of July! I hope your summer is yielding great adventures in the outdoors with family and friends and wish you a wonderful July 4th holiday. A perfect moment to reflect and give thanks for all the good done by all the sacrifices made in our nation's short history.

Early season, the CMC Backpacking Section is off to a great start: 12 trips scheduled, 12 completed. Thank you trip leaders who led: Linda Lawson, Cheryl Harmel, Dean Waits, Randy Blosser, Brad Cotten, Mercedes Aponte, Bob Dawson, Janet Martel, Daniel Schweissing, Craig Townsend, Sharon Dawson, and John Walters. Your trips took 61 BPX members into the Colorado outdoors for a total of 32 days & nights! Trips are running close to 80% capacity and roster churn is almost 50% less than last year. Thank you BPX members!

UPCOMING BPX TRIPS

Trip registration is initially restricted to 3 BPX Backpacking and/or Car Camping trips, whether you are on 3 separate trip rosters, 3 standby lists, or a combination thereof. However, BPX members can now sign up for any June trips, regardless of how many BPX trips they have already registered for.

E=Easy M=Moderate D=Difficult

June-July Trips With Openings*

Jun 26-28 Sun-Tue D [Cherry Lake, mt owen 13,340 pt 13,122 cotton king 13,490](#)

Jul 13-18 Wed-Mon D [CT Sections 22 23 and 24](#)

Jul 22-24 Fri-Sun D [Goose Creek McCurdy Park, Lost Creek Wilderness](#)

June-July Trips With 0-1 on Standby List*

*As Of June 20

Continue to check CMC trip signup for additional trips. For just BPX trips, select Backpacking from the Section dropdown and then click the Search button.

TRIP WAITLISTS/CANCELLATIONS

If you are on a WAITLIST when you sign up for a trip, IGNORE the "**We'll send you and email if a spot opens up**" message. THAT FUNCTION IS NO LONGER WORKING.

You can always check your status on a trip by logging into CMC.org, selecting "Members" from the menu at the top of the page, and then "My Trips" from the menu on the left. 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. When a person moves up to the roster but is no longer interested, they are taking up a spot that the next person may want but never gets a chance at. To compound the situation, members are no longer automatically notified when they have moved from the waitlist to the roster, so you may be taking up a spot without even knowing it.

[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](#)

[CPR/AED](#) [Jul 20](#)

[BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL](#) [Jul 16](#) [Aug 20](#)

PIKES PEAK (PPG)

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

[BMS - INTRO TO BACKPACKING](#) Starts [Jul 6](#) [Aug 15](#)

[BMS - LAND NAVIGATION B](#) Starts [Oct 5](#)

[WILDERNESS FIRST AID with CPR/AED](#) Starts [Oct 13](#)

[GPS BASICS CLASS](#) Starts [Oct 24](#)

[TRIP LEADER SCHOOL](#) More info [here](#)

STATE

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

[NEW WEBSITE TRIP LEADER TRAINING](#) - Edit/Cancel/Close a Trip [Jun 21](#)

[2-DAY WILDERNESS FIRST AID](#) [Jul 9](#) [Aug 27](#)

[HYBRID WILDERNESS FIRST RESPONDER](#) Starts [Aug 2](#)

[TCS NAVIGATION Virtual Courses:](#) [Nav1/Nav2 Info \(every month\)](#), [Nav1](#), [Nav2](#)

BPX TRIP REPORTS

May 14-15 Gear Shakedown Trip

Trip Leaders Randy Blosser and Cheryl Harmel - Denver Group

The gear shakedown trip on Colorado Trail Segment 3 and Little Scraggy Loop went perfect--both the weather and the campsite, with plenty of room for a large group. And the group really liked being able to test their gear on a real trip early in the season. Lots of good ideas exchanged. Nice to have Cheryl Harmel as a second leader so we could split up on the trip out, and those that wanted did the longer 9.4 mile and 1,600 vertical route to test their stamina. Was a good test and helped build their confidence and temper expectations for future trips.



May 15-19 Camp Trip to Dinosaur National Monument

Trip Leaders Linda Lawson and Brad Cotten - Denver Group

After a 10 year hiatus, Dinosaur National Monument was offered as part of the BPX Camping Calendar. As an exploratory trip, activities included not only day hikes but also viewing rock art attributed to the Fremont culture, cooling off in "Whispering Cave", visiting the Dinosaur National Monument Quarry Wall where embedded dinosaur skeletons were first found in 1909 and subsequently excavated over multiple years, and viewing rock art in Pintado Canyon on BLM Public Lands.



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.

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

I am about to go on my first backpack and am kind of concerned about pooping in the woods. Do you have any advice?

Dear Wilderness First-Time Pooper,

Most of us seasoned backpackers have been digging cat holes in the woods for years and always carry a "poop bag" as part of our essential gear with a trowel, TP, plastic bag for used TP, and hand sanitizer. Bobbie also carries a whistle in hers in case she gets lost returning to her tent. Find a spot at least 200' (70 steps) from water, your campsite, or a trail. Dig a hole about 4" wide and 6-8" deep, drop your drawers, squat, and do your business. Put the used TP in your plastic bag to carry out and finish up with the hand sanitizer. Instead of TP, Bobbi has been using a portable bidet like this one from [CuloClean](#) that fits on a plastic bottle. Here's an REI article that covers [How to Go to the Bathroom in the Woods](#).

With the increasing number of back country users, instead of digging cat holes, Bobbi and I are trying out WAG (Waste Alleviation and Gelling) Bags this summer to pack out our poop. These are already required in high-use areas like Mount Rainier and Denali as well as when camping on riverbanks or desert areas like Zion. While Rocky Mountain National Park does not require WAG Bags in their backcountry campsites, they will give you one to try when you check in for your permit.

Most WAG Bags have TP, hand sanitizer, and double-layered bags you poop into along with a chemical powder that gels the waste and minimizes the smell. To use, open the outer bag, pull out the TP and hand sanitizer, unroll the inner bag, and prop it up on the ground. Then squat over it and do your business. When

done, drop your TP into the bag and seal it up. When you get back, you can just throw them in the trash. Bobbie and I think this sounds a lot easier than trying to chisel through rocks and tree roots which are typically what you find in the Colorado wilderness. Also more aesthetically pleasing than seeing TP and human waste. Plus these are handy to take in the car for "no bathroom in sight" emergencies.

Some WAG Bags can be used multiple times but bring extra TP and sanitizer. You might want to put your used ones in a rolltop dry bag and carry it on the outside of your pack—definitely keep them away from your food. When you get back, you can just throw them in the trash.

The Outside web site has an in-depth article on WAG Bags [here](#). Some WAG Bags options that weigh about 2.5 oz are: Cleanwaste Go Anywhere, Restop 2, and Biffy Bag.

See ya' on the trails,
Bob & Bobbi Backpacker

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, [here](#) for CMC Member Benefits, and [here](#) for discounted Colorado State Parks Pass.

COVID PROTOCOLS: Check [here](#) for latest CMC update on Feb 23.

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

WELCOME NEW BPX TRIP LEADERS

Kristin Paris, Denver

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. There are a variety of paths to becoming a BPX Trip Leader, and the BPX Team will help you get there. Let's talk! More info on the paths to becoming a Leader can be found [here](#).

BPX COMMITTEE NEEDS YOU!

The *BPX Committee Secretary* and the *BPX Events Coordinator* positions are waiting to be filled by you, the extraordinary CMC volunteer. We have monthly committee meetings every second Tuesday from 7:00 - 8:30 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.

Want to contribute to "The Pack"? Send your backpacking photos and articles to cmcbpxnewsletter@gmail.com so we can feature it in our Backcountry Cache Newsletter. Please include your name, location, and date.

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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