

at Joshua Tree National Park

74485 National Park Dr. Twentynine Palms, CA 92277

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Women's "Get-Away" Weekend

Information

Date/ Time: Saturday, March 30, 8 am – 5 pm
Sunday, March 31, 8 am – 4 pm

Meet at: [Joshua Tree Visitor Center](#)
6554 Park Blvd, Joshua Tree, CA 92252

Instructors: Pam Kersey, Camping and hike leader
Robin Balch, Camping and hike leader

Overview

Spend a weekend with the Desert Institute at Joshua Tree National Park where you can go to unplug, to get away, to learn new skills and to enjoy the company of other course participants. Trade in your computer, cell phone, Instagrams, clocks, schedules and workplace jargon for an off-the-grid weekend with the girls - two days of pure unadulterated fun and education! Join Pam and Robin learning about camping, camp cooking, hiking and enjoying Joshua Tree National Park. This weekend of classes will be held at the Lost Horse Campsite, a beautiful location that is perfect for this program!

Itinerary

Saturday, March 30, 8 am – 5 pm

Joshua Tree Visitor Center, 6554 Park Blvd, Joshua Tree, Ca 92252

- Introduction
- Morning Hike
- Travel to Campground Lunch break, and set up camp
- 10 Essentials of Hiking and Camping, clothes, first aid kits and what to bring in your backpack
- Afternoon Hike
- Discussion about how to decide where to hike and how to read a hiking book/trail guide
- Camp Cooking and what to bring to camp
- Campfire time and learn how to start a campfire

Sunday, March 31, 8 am – 4 pm

Joshua Tree Visitor Center, 6554 Park Blvd, Joshua Tree, Ca 92252

- Breakfast at camp
- Morning Hike
- Navigation and Desert Survival Discussion including Case Studies
- Optional Backpacking Discussion or Afternoon Journaling Session
- Pack up Camp

What to Bring to the Course

- Comfortable Folding Chair
- (Optional) Camping Equipment and Food For the Weekend, such as
 - Tent
 - Sleeping bag
 - Foam pad, blow up mattress or cot
 - Cooler (ice may not be readily available so don't bring perishables)
 - Water (there is no water in the park or in our campground)
 - Food - Cook dinner in camp Saturday evening
 - Snacks and beverages for campfires Friday and Saturday night
 - Cooking and eating utensils
 - Lantern
 - Flashlight (your headlamp will do just fine)
 - Firewood
 - Trash bags
 - Toiletries and towel
- (Optional) hiking poles

The 10 Essentials: Everyday in the Desert

- Day pack
- 4 quarts of water
- Closed toe hiking shoes with “grippy” soles
- Food and snacks
- Clothing layers
- Hat
- Sun glasses/Sunscreen
- Flashlight
- Notebook and pencil/pen
- Whistle

Fitness Requirements

Participants must be in good physical condition for courses/activities in a desert that may be hot, dry, windy, and sometimes surprisingly cold.

Hike Level

Moderate

Guidelines

- You are responsible for your safety.
- Park your car in designated areas only. Parking along the side of the road is dangerous to you and the environment.
- Rattlesnakes are present in the park. Avoid contact with wildlife. Put your hands and feet only where you can see them.
- Stay with the group. If you get lost, stay put.
- Drink plenty of water. If you run out, notify the instructor or the Desert Institute Representative.
- Before leaving the class, check out with Desert Institute Representative.

Instructor Biography

PAM KERSEY, EdD, MSN, RN is the Dean of Science, Math and Engineering at Cuyamaca College in San Diego. She is an archaeological site steward, volunteers for the Desert Institute at Joshua Tree National Park and has also volunteered as a camp nurse. She has completed three marathon hikes for children's cancer fundraising. She has camped, backpacked, and hiked for many years including summits over 14,000 feet 5 times. She has taught hiking classes for women, and enjoys helping others learn how to safely appreciate camping and hiking.

ROBIN BALCH, is a Desert Institute "lead" volunteer. She has hiked several portions of the Pacific Coast Trail and has been a Forest Service Fire Lookout. Her hiking and camping skills make her a great co-instructor for the Women's "Get-Away" Weekend

* The Desert Institute staff/instructors will attempt to accommodate participant's needs; however we reserve the right to deny a student participation in the course due to concerns regarding health and safety issues.