

# How Not To Get Lost And a Moonlight Hike

## Information

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Date/ Time: Saturday, October 31, 3:30 am – 8 pm

Meet at: [Oasis Visitor Center](#) (click link for meeting location)

74485 National Park Dr., Twentynine Palms

Instructor: Amanda Lopez, Desert Institute Staff

## Overview

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The ultimate goal of survival training is to prevent survival situations from occurring in the first place. However, when survival is unavoidable, mindset, skills and improvisation are key. Learn the essential considerations needed to safely explore the sometimes harsh and often challenging desert landscape of Joshua Tree National Park. This workshop will provide an introduction to the fundamental thought processes, skills and knowledge needed to survive in desert regions and the hazards associated with desert travel.

After a 2 hour presentation on desert survival, we will have a dinner break. After the dinner break, we will travel into the park to the trail head where we will hike under a moon. The hike is approximately 2 miles.

## Itinerary

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- 3:30 pm Meet at the Oasis Visitor Center. Classroom session at the Rattlesnake Room
- 5:00 pm Dinner break
- 5:53 pm Sunset
- 6:00 pm Car caravan to trailhead
- 8:00 pm Class ends

## What to Bring to the Course

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### ***Required Class Materials***

- Flashlight or headlight

### ***Optional Class Materials***

- Hiking Poles

***The 10 Essentials: Every day in the Desert***

- Day pack
- 4 quarts of water
- Closed toe hiking shoes-No sandals or equivalent
- Lunch and snacks
- Clothing layers
- Hat
- Sunglasses
- Sunscreen
- Notebook and pencil/pen
- Whistle

**Fitness Requirements**

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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**

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Moderate

**Guidelines**

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- 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 desert. Avoid contact with wildlife. Put your hands and feet only where you can see them.
- Only you know your limits, please let the instructor or Desert Institute Representative know if you do not want to continue. This is a long hike; only go if you are confident in your balance and scrambling skills.
- 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 the Desert Institute Representative.

### **Instructor Biography**

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AMANDA LOPEZ is the Desert Institute Assistant and she helps organize the field classes to run smoothly. She also works for the San Bernardino National Forest as an assistant researcher surveyor conducting visitor use surveys. Her environmental career started as a volunteer for the Klamath National Forest, where she was 1 of 3 trail crew members for over 800 miles of trail. At Klamath she found her passion for all types of recreation management. However, her heart never left the desert or JTNP, as your home is where your heart is. She hikes daily with her best friend, an 80 pound German Shepard.

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\* 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.