

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, November 12, 8 am – 4pm
Sunday, November 13, 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, journaling and yoga while 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! We will also be traveling to trails at times so you will need access to your car.

The campground is also reserved for Friday night, so if you wish to arrive the night prior to the workshop, please call us at 760-819-4714.

Itinerary

Saturday, November 12, 8 am – 4 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 near camp or time for journaling and relaxing at camp
- Camp Cooking and discuss what to bring to camp. Food is not provided.
- Campfire time and learn how to start a campfire

Sunday, November 13, 8 am – 4 pm

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

- Breakfast at camp
- Yoga
- Morning Hike followed with some more Yoga stretches
- Lunch on trail
- Discuss what to do in emergencies with case studies
- Backpacking discussion and gear show off!
- Pack up Camp

What to Bring to the Course

- Comfortable Folding Chair
- (Camping is optional but recommended) Camping Equipment and Food for the Weekend, such as
 - Tent
 - Sleeping bag
 - Foam pad, blow up mattress or cot
 - Cooler (ice will not be readily available so don't bring perishables unless you have a cooler)
 - Water (there is no water in the park or in our campground)
 - Food - Cook dinner in camp Saturday evening and bring lunches that can be taken in your backpack
 - 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
- Approximately 3 Liters of water per day
- Closed toe hiking shoes with “grippy” soles
- Food and snacks

- Clothing layers
- Hat
- Sunglasses/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 a Desert Institute “lead” volunteer, an archaeological site steward, and has also volunteered as a camp nurse. She has completed four 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. She recently retired from a career as a nurse and as a science and math dean.

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.

