

*at Joshua Tree National Park Association*

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## Women's "Get-Away" Weekend

### Information

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Date/ Time: Saturday, March 25th 8 am – 5 pm  
Sunday, March 26th 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

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Get away for the weekend with the Desert Institute at Joshua Tree National Park! Join other women for a camping weekend 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, Instagram, clocks, schedules and workplace jargon for an off-the-grid weekend with the girls for two days of pure unadulterated fun and education! Join Pam and Robin learning about camping, camp cooking, hiking, yoga and enjoying Joshua Tree National Park. This weekend class 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 email [desertinstitute@joshuatree.org](mailto:desertinstitute@joshuatree.org)

### Itinerary

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Saturday, March 25<sup>th</sup>, 8 am – 5 pm

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

- Introduction
- Morning Hike in search of spring wildflowers. Yoga practice.
- Travel to Campground Lunch break, and set up camp

- 10 Essentials of Hiking and Camping, biggest hiking mistakes people make and how to avoid them, hiking in hot weather, clothes, first aid kits and what to bring in your backpack
- Afternoon Hike near camp or time to relax or journal time at camp
- Class is officially over at 5
- Camp Cooking and discuss what to bring to camp. Food is not provided.
- Campfire time and learn how to start a campfire

Sunday, March 26<sup>th</sup>, 8 am – 4 pm

- Breakfast at camp
- Yoga followed by a morning hike
- 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

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- Comfortable Folding Chair
- Camping Equipment and Food for the weekend, such as:
  - Tent
  - Sleeping bag and pillow
  - Foam pad, blow up mattress or cot
  - Cooler (you need to bring your own ice if you bring perishables)
  - Water (there is no water in the park or in our campground)
  - Food - Cook breakfast and dinner at camp and bring lunches that can be taken in your backpack
  - Snacks and beverages for campfires Saturday night
  - Cooking and eating utensils
  - Lantern
  - Flashlight (your headlamp will do just fine)
  - Trash bags
  - Toiletries and towel
  - Yoga mat
- (Optional) hiking poles

#### ***The 10 Essentials: Every day 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
- Sun glasses/Sunscreen
- Flashlight
- 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 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**

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**PAM KERSEY**, EdD, MSN, RN is a Desert Institute “lead” volunteer besides being an instructor, 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 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 Crest 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

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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.

