



DESERT INSTITUTE
JOSHUA TREE NATIONAL
PARK ASSOCIATION

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55922 Twentynine Palms Highway,
Yucca Valley, 92284

HIKING 101: EVERYTHING YOU NEED TO KNOW TO START WALKING IN THE WILDERNESS

SEMINAR / SPRING 2024 / INSTRUCTOR: SARAH WITT

FRIDAY, MARCH 1ST, 2:00 PM – 5:00 PM

PROGRAM OVERVIEW

Hiking is one of the most rewarding and fuss-free ways to experience the outdoors, but it can be intimidating to start, as there aren't a lot of amenities once you get on the trail, and the media can be narrow-minded in how hikers are portrayed. If you're feeling that tug to get outside and try hiking, but you're feeling uneasy, join this short seminar to learn the basics and build your confidence. You'll learn what to pack in your bag, how to dress (and no, it doesn't have to be the latest high-tech-ultra-light-weight UV shirt), and how to begin interpreting maps and choosing trails. We'll give you the tools you'll need to prepare and stay safe while out on the trail!

PROGRAM AGENDA

We'll begin in the nature center by going over what you'll want to bring with you on a hike, the kinds of clothing you'll want to wear and pack for different conditions and locations, and how to choose the right trails for your abilities. We'll finish the class by stepping outside for a tangible experience of real trail terrain and small elevation gains (and losses).

MEETING LOCATION: [Black Rock Nature Center](#), 9800 Black Rock Canyon Road, Yucca Valley, CA 92284

Please arrive on time; we start classes promptly, and in the case of hikes or other classes on the go, we cannot wait for students who arrive late.

REQUIRED PREPARATION*

Waiver: All participants must complete the [participation waiver](#) at least 24 hours before a class begins. *Failure to do so may forfeit your right to participate.*

Park Pass (\$30 per vehicle): For classes inside Joshua Tree National Park, participants are now required to purchase a [park pass](#). You can purchase a park pass [online](#), or pay at a park entrance. If you have an existing park pass you may use that at the entrance!

ACTIVITY LEVEL

Easy. The hike will not exceed two miles. Terrain may be rocky, sandy, and possibly uneven, with approximately 350 feet elevation gain/loss. Please contact us if you have questions about accommodations or your ability to participate.

WHAT'S INCLUDED

- First aid and emergency supplies for the group

WHAT'S NOT INCLUDED

- Admission to Joshua Tree National Park
- Meals, Lodging, Transportation
- Hiking equipment

WHAT TO BRING

Here's what we suggest for all of our field classes. (Which is already putting you on the right track!) For this class, not all items are necessary, but we do require close-toed shoes that are durable and sturdy, such as sneakers or hiking boots. We also require participants to bring water. For an hour-long class, 1L is sufficient.

The essentials for all field courses

- Water, between 3 and 4 liters per person for a full day outing
- Food and snacks, easily packed and eaten in the field, for the duration of your course
- Close-toed athletic shoes or hiking boots; no sandals, not even hiking sandals!
- Sun protection: hat, sunglasses, sunscreen; light-colored long-sleeved shirts are recommended and very effective on hot days
- Warm layers for cooler mornings/evenings (it can be surprisingly cold!)
- Backpack to carry food, water, and any personal items you need for the day
- Notebook and pencil are always good to have

GET TO KNOW YOUR INSTRUCTOR

Sarah is an avid hiker and climber, and when the time is there, she's always stoked to backpack and spend a few nights out on the trail. As a self-taught wilderness woman, she knows how challenging it can be to figure out how to "get into it" and learn the ropes. She's happy to help you get off on the right foot, and wishes you many joyful journeys as you get on your way!

SPECIAL NOTES ABOUT THIS ACTIVITY

There is no cell service in the park! Please allow ample time to arrive at the meeting location; park entrances may be very busy on weekends (see FAQs). Please make sure you check weather conditions and dress accordingly.



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FAQ+ _

WHO DO I CONTACT IF I AM RUNNING LATE?

Desert Institute Manager Benny Erdahl: **949-241-9693**
or Education Director Dr. Justin Lenzi: **760-819-4714**

For classes meeting inside the park, it can take up to 45 minutes to go through an entrance gate on weekends after 9am (though 15-20 minutes is typical). Please allot time to park, as parking lots tend to be congested between 10am and 4p in the busy season. ***There is no cell service in the park***, please plan accordingly.

WHAT IF I NEED TO CANCEL?

Desert Institute will provide a full refund if we are notified more than 14 days in advance. We are unable to process refunds for *any* cancellations less than 14 days in advance.

DOES DESERT INSTITUTE CANCEL ACTIVITIES FOR WEATHER OR LOW ENROLLMENT?

If we do not meet our minimum of 6 registered participants for any given activity, we will likely cancel the activity with at least 48+ hours notice.

Desert Institute runs classes rain or shine, with the exception of astrophotography classes, which require mostly clear skies in order to be successful.

We recommend that you purchase travel insurance, as we are unable to reimburse for expenses you incur due to a canceled class, such as airfare and hotel.

WHAT IF I FORGOT SOMETHING I NEED?

Our visitor centers and park stores are stocked with amazing essentials for your adventure. Preview or purchase items from our [online shop](#); we carry [hats](#), [shirts](#), bandanas, water bottles, notebooks, [maps](#), [books](#). And more!

CAN I BRING MY KIDS? MY SPOUSE? PETS?

Only registered participants may attend Desert Institute activities (unless noted in the activity description). If this is a kid-friendly activity, please make sure your child(ren) are registered and meet the age requirements.

As much as we love pets, we don't allow them in the field with any of our activities.

