Wilderness Hiking Course
Grades 6–12 and Adults • See Dates Below

Take the first step in your wilderness adventure! Designed for individuals, our three-step progression safely takes Girl Scouts and adults out of the campground and into the woods. Wilderness Hiking covers outdoor skills and knowledge and is a prerequisite for the Basic Backpacking course and Advanced Backpacking trips. Spend your morning in the classroom and your afternoon on the trail learning about safety, proper gear and equipment, the Leave No Trace ethic, and building independence in Girl Scouts. This class lays a strong foundation for more extraordinary adventures.

Cost: Registration is $35/individual and includes course materials and a “10 Essentials” starter kit. Refunds are available only when Girl Scouts San Diego cancels event. Financial assistance is available.

Meetings: There is a classroom portion, and then we move to local trails for a short hike. Total time of course is roughly eight hours.

Register at sdgirlscouts.org/backpacking at least one month before course.
Questions: Contact Kelly Nelson at 619-610-0831 or knelson@sdgirlscouts.org
The second part of our three-step wilderness progression, designed for individuals, teaches everything you need to know to begin a multi-night outdoor adventure. Gain the knowledge you’ll need to make important decisions about gear, clothing, and trip planning, then hit the trail to practice and hone your skills.

Cost: Registration is $40/individual and covers insurance and permits. Backpackers also need to contribute toward transportation, food, and equipment rental/purchase expenses.

Prerequisite: Successful completion of GSSD’s Wilderness Hiking Course.

Meetings: Pre-trip planning meetings include any shown plus other dates TBD. Class and day hike: 8:30 a.m.–5:30 p.m. Participants must complete all segments of training (class, day hike, overnight trip) to earn Basic Backpacking credit.

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Upcoming Classes

**Salton Sea Rock Hill 2023**  
Instructor: Anna Iadevaia  
Class: Oct. 29, Imperial Valley  
Day Hike: Nov 4, Salton Sea  
Trip: Nov. 18-19

**Cuyamaca Granite Springs 2024**  
Instructor: Lisa Sanchez  
Class: TBD, Balboa Campus  
Day Hike: TBD  
Trip: April 20-21

**Eagle Rock 2024**  
Instructors: Josie Burye & Val Ross  
Class: April 13, Balboa Campus  
Day Hike: April 14, Laguna Meadows  
Trip: May 4-5

**Eagle Creek 2024**  
Instructor: Marilyn Sedlund  
Class: May 11, Balboa Campus  
Day Hike: June 1, Laguna  
Trip: June 15-16
Explore the wonders of the wilds with the third step in our wilderness training. This program, designed for individuals, safely takes Girl Scouts and adults on unforgettable adventures. Enjoy the majesty of nature, along with the camaraderie of fellow backpacking enthusiasts while building higher-level skills. As an advanced backpacker, take an active role in the trip planning process, making decisions as a group and mapping out your adventures.

**Upcoming Trips**

- **TBD-Moderate Advanced**  
  Instructor: Anna Iadevaia  
  Trip Dates: June 2024

- **Big Pine Lakes - Easy Advanced**  
  Instructor: Lisa Sanchez  
  Trip Dates: July 10-14, 2024

- **Cottonwood Lakes - Easy Advanced**  
  Instructor: Kevin Hill  
  Trip Dates: July 17-21, 2024

- **High Passes: Pioneer Basin-Silver Divide - Moderately Difficult**  
  Instructor: Val Ross  
  Trip Dates: Aug. 3-11, 2024

**PREREQUISITES**  
Successful completion of GSSD’s Wilderness Hiking Course and Basic Backpacking Course, First Aid and CPR certified

**Cost:** Registration is $40/individual and covers insurance and permits. Backpackers also need to contribute toward transportation, food, and equipment rental/purchase expenses. Financial assistance is available.

**Meetings:** Pre-trip planning meetings include any shown plus other dates TBD. For the safety of everyone, all participants must attend all pre-trip dates in order to attend the trip.

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Questions: Contact Kelly Nelson at 619-610-0831 or knelson@sdgirlscouts.org