



To the Physician, Licensed Nurse Practitioner, or Physician's Assistant,

Beyond Malibu is located in Princess Louisa Inlet British Columbia, Canada and has been safely providing both hiking and sea kayaking wilderness adventure experiences in the remote inlets and mountains of the Coastal Mountain range since 1970.

A participant on a Beyond Malibu sea kayaking trip will paddle through varying sea conditions in tandem sea kayaks loaded with gear for an average of 5 to 6 hours a day. The seats of the sea kayaks range from 16-18 inches in width. Weather conditions can vary from very warm and sunny to cold, rainy, and windy. Temperatures can range from 40 to 80 degrees Fahrenheit. Each day after paddling for several hours, they carry their loaded boats as a group onto land and camp along beaches on the coast in tents. Participants wear life vests while on the water; during paddle school they are expected to be in the ocean waters for 1-3 minutes and ocean temperatures typically range from 48-60 degrees Fahrenheit in the inlet during the summer months.

We have found that people who are in overall good health with average physical ability can successfully complete the Beyond experience.

In the interest of the personal safety of both the participant and the other trip members, we are asking you to assess this participant's physical, emotional, and mental wellbeing. Please review the participant's completed Camping Health, Consent and Release form ensuring that it is complete and it lists all of the participant's medical conditions, allergies, and treatments. On the Physician Signature page please answer the 3 questions in light of the participant's medical history and the trip description above.

Thank you.

Sincerely,

Camping Administration