



**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 mountain trip will travel approximately 15 -30 miles during their 6 days on the trail with daily hiking distances of approximately 5 to 8 miles per day. This can vary given the group's ability and circumstances. They travel at elevations ranging from sea level to 8500 feet with daily ascents or descents of 900 to 3500 feet. Each day they camp along the trail in tents. Temperatures can range from freezing to 80 degrees Fahrenheit. They will be hiking up and down mountains trails, over rocks, alpine vegetation, and on snow fields. They will be carrying a backpack and supplies which can weigh between 30 and 50 pounds, or approximately 1/3 their body weight.

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's 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