



## Participants and Parents/Guardians,

We are excited about your participation with a Beyond Malibu trip this summer. It is sure to be an unforgettable experience! To help prepare you for your Beyond Malibu adventure, we have created this informational guide. Please read the guide in its entirety and contact us if you have any questions. Below, you will find a checklist that should be completed before departing for your adventure. All forms must be turned into your Young Life area office. Preparing these items well in advance of your trip is highly encouraged. For questions pertaining to your groups travel plans, payment, and all other details, please contact your Young Life area.

### Checklist for Participants:

- Completed Health and Consent Form** (link and instructions on page 4):
  - Fill out-** Fill out all required fields on the online form.
  - Print and sign-** After completion online, **print** the entire form along with the physician's cover letter (page 6). Have your physician **sign** the signature page during your physical. You **cannot** participate without a physician's signature.
  - Fax or Upload-** Fax your signed physician's signature page to the number on the page. This will ensure that your form is "complete" online. You can also upload your signed form within the online application.
  - Turn in-** Turn in the complete and **printed form including physician's signature** into your Young Life area office. You must have a hard copy brought to Beyond Malibu.
- Prescription Medications:** ensure that you follow our guidelines for packaging and bringing prescriptions to Beyond Malibu (instructions and guidelines on page 5)
- For Food Allergies or Dietary Restrictions:** communication with your trip leader and Beyond Malibu's office at least 10 days prior to your trip (page 2)
- Proper Identification for Border Crossing** (if traveling from outside Canada, see details on page 7)
- Signed Border Crossing Consent Letter** (sample on page 8, get your form from your trip leader, only applies to those 18 and under traveling from outside Canada)
- EXCITEMENT FOR YOUR TRIP!**

### Have any questions about a Beyond Malibu hiking trip?

#### Feel free to contact us:

Young Life Beyond Malibu

P.O. Box 15662, Seattle, Washington 98115

Phone: 206-525-0791

Email: [beyondmalibu@beyondmalibu.younglife.org](mailto:beyondmalibu@beyondmalibu.younglife.org)

Website: <https://beyondmalibu.younglife.org>



## **A Guide to Young Life's Beyond Malibu Mountain Adventures**

Young Life's Beyond Malibu Mountain Trips are unique high mountain adventures specifically designed to captivate and enrich the lives of young people. Beyond Malibu is located in the beautiful Princess Louisa Inlet, 1.5 hours by water taxi north of Egmont, British Columbia, Canada. Our Beyond Malibu hiking base camp is at sea level two miles into the Princess Louisa Inlet. The group will travel to Beyond Malibu's base camp to meet their guides, pack, and prepare for the trip ahead. From base camp they will travel to their specific trailhead and begin their adventure.

We believe communication with participants and their parents is important to the success of our ministry. We want you to be informed and familiar with our program. Our mission is to provide a high-quality and safe mountain experience where one has the opportunity to climb peaks ranging from 5,000 to 8,500 feet in elevation, sleep under the stars, cross crystal clear streams, and hike through some of the most beautiful scenery in British Columbia, Canada. Most importantly, we desire to facilitate an individual's growth in Jesus Christ and to provide time to examine one's life in relation to the God who created them. We strive to serve through teamwork, trust, vulnerability, caring, and developing relationships.

### **General Information**

**Guides:** Two experienced guides who have training in mountaineering, navigation, relationship building, and first-aid lead each trip. Guides are certified in Wilderness Advanced First Aid through the Wilderness Medicine Associates (<https://www.wildmed.com>). At Beyond Malibu, the guides are with their group from arrival on Saturday afternoon until breakfast on the following Saturday morning.

**Food:** Trip food is prepared at basecamp prior to going out on the trail. We provide wholesome, healthy food specifically designed to properly nourish the body in relation to wilderness hiking. If there is a food allergy, *please make sure your Beyond Malibu is aware of the food allergy as soon as possible, or at least 10 days before arriving at camp.* We want to explore together how we can care for you and to discuss any additional supplements that you may need to provide.

**Clothing:** Due to the weather conditions in the mountains, proper clothing is extremely important. Our years of experience have enabled us to provide you with a list of what is needed which is on our Hiking Clothing and Equipment List (pages 9-10). To keep the costs down we encourage you to borrow or shop at thrift stores for clothing items.

**Cotton clothing:** The only cotton clothing you will want to bring are your travel clothes. If cotton gets wet, it will take much longer to dry than synthetic and wool clothing. Because of this, we will not take cotton clothing on the trip.

**Hiking Boots:** You will be hiking with heavy packs and you will want sturdy hiking boots that will provide good support as you will be hiking on rugged off-trail terrain. Please read the hiking boot requirements on the Hiking Clothing and Equipment list (pages 9-10).

**Equipment:** Beyond Malibu provides high quality equipment.

- Backpacks: Deuter internal frame packs that are specifically fitted by the guides to each camper.
- Sleeping bags: Rated to be warm even if it's zero degrees outside.
- Evazote pads: This is a pad placed under the sleeping bag to provide insulation and a cushion.
- Camp Cups: On the trail we will eat all of our meals out of camp cups. Feel free to bring your own but we will always provide them.
- Water Bottles: We can provide water bottles for campers to use if they need one.
- Tents and Group Flies: Weather-proof shelters for sleeping and meeting.
- Every camper, leader, and guide will be carrying various group equipment in addition to his or her own personal gear.



- If you choose to bring your own equipment, please be sure it is adequate for a seven day backpacking trip. In order to ensure your safety, your guides will have the final say about what goes out on the trail.

**Weight:** You will be carrying your backpack and supplies which can be 30 to 50 pounds. Approximately 1/3 your body weight.

**Weather:** From cold, rainy, and windy to hot and sunny weather, conditions may vary widely with even the possibility of snow. The temperature ranges from freezing to 80 degrees Fahrenheit and there can be wind speeds of 0 to 40 mph or more. If there is a lightning storm we initiate a lightning drill where the guides assess the surroundings and protect all trip members from potential strikes.

**Routes:** Each group travels approximately 15 -30 miles during their 6 days on the trail with daily hiking 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. You will be hiking up and down mountain trails, over rocks, loose gravel, and on snow packs. We take route requests from trip coordinators but reserve the right to choose the best route suited for the group's ability in order to provide a safe and challenging experience.

**Health and Conditioning:** The Beyond Malibu Mountain experience has been designed to be accomplished by a teenager in average health. We do strongly recommend that you prepare yourself for this adventure. We have prepared a physical preparation guide (page 11) so you can get ready for the endurance you will need for a week in the mountains.

**Insurance:** Proof of personal medical insurance is required to participate. Please check your medical and accident insurance to verify whether or not your medical and accident insurance company provides coverage for this type of activity in Canada. If not, you will want to consider purchasing travel insurance. *Young Life/Beyond Malibu does not provide Medical insurance for medical expenses for individuals on a Young Life Beyond Malibu adventure.* **Young Life does provide secondary Accident coverage** that may pay up to a limit of \$4,000 USD for dental expenses and up to \$20,000 USD for medical expenses for injuries resulting directly from Young Life activities. The Young Life Accident coverage is a secondary insurance to any other medical insurance.

### **What is Young Life?**

Young Life is a non-profit Christian outreach for youth. Young Life's purpose is to show adolescents the person of Jesus Christ and His relevance to modern life. We do this by building personal relationships with kids, sharing our lives and participating with them in a variety of experiences through which the Gospel can be heard and experienced. One of these ways is through wilderness camping.

Beyond Malibu is one of 30 Young Life camps in the United States and Canada.



## **Mandatory Forms - Health Forms and Prescription Medications**

For those 18 and under, parent or guardian signatures are required on all forms for Beyond Malibu.

### **Health Forms:**

Due to the physical element and remote setting of a Beyond Malibu trip, a physical exam and physician signature within 12 months of participating is required. For safety purposes it is very important that the Camping Health, Consent and Release Form is clear, thorough, printed out in its entirety and turned into the trip coordinator. Thank you for your attention to these details. Here are the steps to completing the health forms:

- 1) **COMPLETE**-Complete the Camping Health, Consent, and Release Form by following the link: <https://apps.younglife.org/HCFORM/Account/Login.aspx> . Create a user account and follow the steps to fill in the form online. Participants will need the following:
  - Young Life area number: <Area>
  - Camp dates: <Trip Dates>
  - Health history including immunization record
  - Guest Type: Camper
  - Health insurance informationFor help, see Young Life Health and Consent Form Help online: [Parents](#); [Leaders](#) or contact your trip leader coordinator or area Young Life office.
- 2) **PRINT**-
  - **Physician cover letter** (page 6)
  - **Camping Health, Consent and Release Form including Signature Page.**
    - Log in to your Young Life Camping Health, Consent and Release Form
    - Under “My Forms,” click the blue bar containing your name and “Beyond Malibu.” An Actions menu will then appear.
    - From the Actions menu, you can view and edit your whole form, as well as view immunization records and your physician signature form.
- 3) **EXAM**- **Go to your physician for a physical exam within 12 months of the camp date.** Have your physician review the physician cover letter (page 6), your completed the Camping Health Consent and Release Form, and sign the signature page.
- 4) **FAX OR UPLOAD**-
  - Have the physician’s office fax a copy of just the signature page to the unique fax number listed on the signature page. OR
  - Upload a jpg or pdf of your signature page by clicking “View Physician Signature Form” under the Actions menu in the online application (see #2 above).
  - **Keep the hard copy of the signature page to turn in.** Please check your Young Life health account to ensure the page was correctly uploaded and that your form’s status is “Complete.” Your physician’s signature page will then be connected to the rest of your online form.
- 5) **NOTIFY**- *Please notify your trip leader and/or our office as soon as possible of any special medical conditions, dietary restrictions, food allergies, or other health related concerns.* Phone: 206-525-0791. Email: [beyondmalibu@beyondmalibu.younglife.org](mailto:beyondmalibu@beyondmalibu.younglife.org)
- 6) **TURN IN**- Turn the Camping Health, Consent and Release Form (with physician’s signature page) to your trip coordinator. For Beyond Malibu all of these forms must be completed and presented in their entirety in the form of hard copies upon arrival at basecamp or persons will not be able to participate.



## **Prescription Medications:**

According to best practices for British Columbia adventure camps, our Guides will take possession of and dispense all prescription medications for participants 18 and under, except emergency medications such as inhalers and/or EPI pens. Our guides have completed Wilderness Advanced First Aid training and follow guidelines established by our Medical Director regarding the handling, administration, and documentation of prescription medications.

Parents are responsible for ensuring that their child has an adequate supply of needed prescription medications for the entire duration of this adventure, including travel time to and from Beyond Malibu. Medications must be in their original container with the pharmacist's label. Prescription medications not in their original container with the pharmacist's label (such as a daily pill box) are not acceptable. Label all over-the-counter meds with the camper's full name and place them in a Ziploc-type bag. **If your child is prescribed an EPI pen for severe allergic reactions, Beyond Malibu requires each child to carry at least 2 EPI pens while on a Beyond Malibu Adventure.**



**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



## **Mandatory Forms- Border Crossing Documents**

For those 18 and under, parent or guardian signatures are required on all forms for Beyond Malibu. Border crossing documents only applies to groups traveling from outside of Canada.

### **Border Crossing Documents:**

- If you are flying from the US directly into Canada, each passenger is required to carry a passport. Check with your trip coordinator for travel details.
- If crossing the Canadian border by ground, **anyone 19 and older must have a passport, or other machine readable/scannable ID such as an enhanced driver's license, passport card, or Nexus pass. The best option is always a passport.** Please double check to make sure your passport or acceptable ID is current and expires at the very least 6 months after the date of your trip. Processing times can vary but plan for at least 90 days.
- For participants 18 and under, an original or copy of a birth certificate, a government issued picture ID and a Border Crossings Consent Letter will suffice in place of a passport.
- **Border Crossing Consent Letter**- Only applies to those 18 and under traveling from outside of Canada. Must be signed by a parent or guardian, it gives the designated trip leader permission to travel with your child. A sample letter is provided on page 8. Please contact your trip coordinator to receive this letter.
- Citizens of other countries will need a passport or possibly a visa from the Canadian Consul. (Contact your nearest Canadian Consulate for information before you leave.)



## HIKING CLOTHING & EQUIPMENT LIST

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

To keep costs down feel free to borrow as much as possible! Clothing and gear is pricey, so borrowing helps you obtain items that you'll only use at Beyond once. You can also rent gear or buy it used from a secondhand clothing or sporting goods store.

### REQUIRED FOR THE MOUNTAINS

*Please follow this checklist as closely as possible and try to bring only what is necessary!*

#### **Upper Body Layers:**

- 1 short-sleeved wool\* t-shirt
- 1 long-sleeved lightweight wool or polypropylene long underwear top
- 1 light wool sweater
- 1 heavy wool sweater
- For women: 1-2 moisture wicking sports bra
- Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-Tex or coated nylon, **no** vinyl or plastic)
- Wool stocking hat (not acrylic)
- Baseball cap or sun visor
- 1 heavy pair wool gloves or mittens (or 2 light pairs)

#### **Lower Body Layers:**

- 3-4 pairs of underwear (running shorts are great)
- 1 pair lightweight shorts (nylon works well)
- 1 pair lightweight wool long underwear bottoms
- 1 pair wool or fleece pants
- Rain pants (Gore-Tex or coated nylon)

#### **Footwear:**

- 3 pairs wool hiking socks
- 1-2 pairs sock liners (not cotton)
- 1 pair lightweight tennis shoes, Teva or Chaco sandals, or Crocs (to wear in evening after hiking)
- Crucial:** 1 pair backpacking or mountaineering boots (tough, supportive, and durable)
  - High cut above ankle for excellent support with stiffer midsoles for heavier loads
  - **Take the time to make sure your boots fit well.** Put them on with a pair of wool socks and sock liners, lace them up snugly, and walk uphill and downhill. Your foot should not be cramped or sliding much. Boots should be **broken-in** and **waterproofed** before coming to Beyond!
  - Renting boots is much more affordable than buying an expensive pair- plus rentals are usually already broken in!

#### **\*Note on Wool:**

In the mountains **wool** is our friend and **cotton** is not. Do not bring any cotton clothing for the mountains! Wool provides ventilation and insulates when wet (cotton or down do not).

#### **\*Good synthetic substitutions for wool:**

- **fleece** (other names are Polar Tec and Synchilla)
- **polypropylene** (other names are Capilene and Polyester)

**Additional Items:**

- 1-3 bandanas (cotton is okay for bandanas)
- Sunglasses (100% UV protection, side-shields)
- Headlamp and fresh batteries (or small flashlight)
- Bible (pocket-size with Old Testament and Psalms)
- Personal toiletry kit: small bottle hand sanitizer, travel size toothbrush and toothpaste, contact lens supplies. For women: feminine products, liners, and wet-wipes.
- Sun block and lip balm (small, SPF 25+ or more)
- 2 water bottles (1-liter size)
- Insect repellent (small bottle)

**Optional Items:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Backpacking pack (80L or 5200ci)</li> <li><input type="checkbox"/> Sleeping bag and stuff sack (0-24 degree F rating, synthetic fill, no down)</li> <li><input type="checkbox"/> Therm-a-rest pad (or other lightweight sleeping foam pad)</li> <li><input type="checkbox"/> Crazy Creek chair or Therm-a-rest chair</li> <li><input type="checkbox"/> Over mitts or ski gloves</li> <li><input type="checkbox"/> Down booties or fleece socks</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Personal blister protection: moleskin, mole foam, athletic tape</li> <li><input type="checkbox"/> Trekking poles</li> <li><input type="checkbox"/> Camera and film (in waterproof bag)</li> <li><input type="checkbox"/> Gaiters</li> <li><input type="checkbox"/> Instant coffee packets for breakfasts (coffee not provided)</li> </ul> |
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**Provided from Beyond:**

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit + Foot Tape
- ✓ Climbing Equipment
- ✓ Bug nets

**Available to borrow from Beyond:**

- ✓ Backpacks
- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Gaiters
- ✓ Small NT bibles
- ✓ Water bottle

<b>BRING FOR BASE CAMP</b>
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These items are for use while you're at Base Camp, not to be brought into the mountains.

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|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 sets of clean clothing: one to change into after you return from the mountains, and one to wear home</li> <li><input type="checkbox"/> Bathing suit and towel</li> <li><input type="checkbox"/> Tennis shoes or water sandals</li> <li><input type="checkbox"/> Biodegradable soap and shampoo</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Pillow and sleeping bag (can borrow bag from Beyond)</li> <li><input type="checkbox"/> Personal toiletries</li> <li><input type="checkbox"/> Money for Beyond Store</li> </ul> |
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## PHYSICAL PREPARATION FOR A BEYOND HIKING TRIP

Get your muscles ready for the endurance they will need for a week in the mountains!

### #1 Cardio Exercise

Physically prepare by doing physical activity at least 3x a week for 30 minutes or more. Going for a hike, run, bike ride, or working out on a cardio machine are a good options.

### #2 Add Strength Conditioning

Building muscle and doing exercises to replicate the weight of the pack and the vertical feet you will be climbing will be super helpful. Don't forget to stretch!

- ✓ Add 3 sets of 20 lunges to your workouts to help your legs adapt to the stress that a backpack will have on them. You can break them up by doing one set after you're warmed up, one set in the middle of your workout and one at the end.
- ✓ Add 3 sets of the Bridge (or Plank): a core exercise where your body is parallel to the ground, elbows and toes are touching the floor and your back is straight with the belly tight. Hold this pose for thirty seconds to one minute. These will help build endurance of your core muscles.

### #3 Add More Cardio

Once you are comfortable doing 30 minutes of physical activity, add one more day and/or make one day into a longer workout (more than 45 minutes long). Some examples would be going for an hour run or a challenging hike. Continue to do lunges (add weight when they are not as challenging).

### Train Together

If possible, take your group on a few hikes together before coming to Beyond. Take day packs with you that have a few heavier items in them. The more you do this, the better your body will adjust to hiking at Beyond. It will also give your group a good start in learning how to work together in the mountains.

Don't have time to go on a hike or have trails nearby? Another idea is to get together at someone's house and do a group work out. Create stations around the house such as lunges, stairs, push-ups, sit-ups, wall-sits, "the bridge" (see above), hand stands against a wall, dips on a chair, etc. Have everyone start with a different activity. Do each activity for one minute. Continue rotating until everyone does all the stations. Crank up the tunes and repeat the whole cycle three times.

### Break in your Hiking Boots

Wear them whenever you can: walking around the house or hiking on the trail. One fun idea is to go for an "Urban Hike." Get your group together, put on your hiking boots, and walk around the town/city. You can even do this with backpacks on if you have them.