



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 sea kayaking 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

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



A Guide to Young Life's Beyond Malibu Sea Kayaking Adventures

Young Life's Beyond Malibu Sea Kayaking Trips are unique adventures that take place in remote inlets and are specifically designed to captivate and enrich the lives of young people. The group will travel to Beyond Malibu's Sea Kayaking basecamp located in Egmont, BC to meet their guides, pack their boats and prepare for the trip ahead. Trips begin their adventure by paddling directly from the Sea Kayaking basecamp to explore either the Princess Louisa Inlet or the Sechelt Inlet.

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 high-quality and safe sea kayaking trips where one has the opportunity to gain sea kayaking skills, explore the inlets bio-diversity, sleep under the stars, and paddle 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 sea kayaking paddling, safety, 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 to departure.

Food: Trip food is prepared at basecamp prior to going out on the water. We provide wholesome, healthy food specifically designed to properly nourish the body through a physically strenuous wilderness trip. If there is a food allergy, *please make 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 British Columbia, 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 Sea Kayaking Clothing and Equipment List (pages 9-10).

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.

Sun Protection: You will be in your kayaks paddling everyday with full exposure to the elements. We cannot emphasize enough clothing that provides full sun protection, especially for those who have fair skin. We suggest sun shirts and hats that cover the neck, ears, and back of hands. Plenty of good waterproof sunscreen is a must! See the full Sea Kayaking Clothing and Equipment list (pages 9-10).

Equipment: Beyond Malibu provides high quality equipment.

- Sea Kayaks: Fiberglass Seaward and Current Design touring double and single kayaks with adjustable foot pegs specifically designed to be fitted to each camper. The seats of the sea kayaks are fixed and range from 16-18 inches in width.
- Spray Skirts: adjustable nylon spray skirts that fit each kayak keep waves and water out of kayaks.
- Paddles: Aqua Bound carbon and fiberglass paddles specifically designed for sea kayaking.
- Life Jackets: Personal Flotation Devices (PFDs) are worn at all times while on the water. Ours are adjustable and designed for maximum range of motion while paddling in your sea kayak.
- Pumps and Paddle Floats: safety gear we teach you to use on your first day.
- Sleeping Bags: Rated to be warm even in our coldest of conditions.
- Evazote Pads: This is a pad placed under the sleeping bag to provide insulation and a cushion.



- **Camp Cups:** On the water 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 the kayaks 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 sea kayaking trip. In order to ensure your safety, your guides will have the final say about what goes out on the water.**

Weight: Sea kayaks have limited space and each day groups will work together to lift and carry their kayaks onto land. Packing light and taking only what you need will help keep boats light.

Weather: Weather conditions can vary widely, from cold, rainy, and windy to hot and sunny weather. Temperatures can range from 40 to 80 degrees Fahrenheit. Participants wear life vests while on the water and during paddle school they are expected to be in the ocean waters for 1-3 minutes. Ocean temperatures typically range from 48-60 degrees Fahrenheit in the inlet during the summer months. Winds or storms may create sea conditions that prevent groups from being in their kayaks on the water; guides are trained to assess the sea conditions and to protect the group from unsafe conditions.

Routes: Jervis Inlet (8 day trip) and Sechelt Inlet (7 day trip) groups will paddle through varying sea conditions in tandem sea kayaks loaded with gear for an average of 5 to 6 hours a day. 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.

Health and Conditioning: Beyond Malibu Sea Kayaking trips are 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 12) so you can get ready for the endurance you will need for a week on the water.

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
- 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 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'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.)



BORDER CROSSING CONSENT - PARENT OR GUARDIAN

Group Name: Young Life

Trip Leader:

Camp Dates: _____ to _____

I _____ give permission to the above mentioned trip leader to accompany _____ across the border from The United States to Canada to attend Young Life Beyond Malibu located in Princess Louisa Inlet, British Columbia.

Signature of Parent or Guardian

Date

Parent/Guardian Name(s): _____ Phone: _____

_____ Phone: _____

Camper - Date of Birth: _____

Camper - Place of Birth: _____

Camper Proof of Citizenship (Please Check One):

Passport _____

Birth Certificate & Photo ID _____

Passport Card _____

Enhanced DL _____

Please contact your trip coordinator to receive this letter with accurate trip information.

Young Life

SEA KAYAKING CLOTHING & EQUIPMENT LIST

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. **The following list of clothing and equipment is essential for your health and safety.** 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.**

Do not bring Cotton clothing for sea kayaking.

This list is the result of years of experience sea kayaking the Coastal Inlets of British Columbia and everything has a purpose. Please bring all of the **required clothing and equipment**.

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 SEA KAYAKING TRIPS

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

Upper Body Layers:

- 1 short sleeved moisture wicking wool* t-shirt
- 1 long sleeved moisture wicking wool base layer
- 1 light wool sweater, fleece jacket, or a heavyweight polypropylene top
- 1 heavy wool sweater or fleece jacket (mountaineering style)
- Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-Tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **NO** vinyl or plastic)
- For Women: 1-2 moisture wicking sports bras
- 1 wool or fleece stocking hat (NO ACRYLIC)
- 1 baseball cap or sun visor
- 1 pair wool or fleece gloves or mittens

***Note on Wool:**

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

***Good synthetic substitutions for wool:**

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

Lower Body Layers:

- 2-3 pairs of underwear
- 1 pair shorts - lightweight nylon with a liner works well (not cotton)
- 1 pair lightweight wool long underwear bottoms
- 1 pair wool or fleece pants
- Crucial:** Rain pant (waterproof, lightweight, breathable – good materials are Gore-Tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)

Footwear:

- 2 Pairs heavy wool socks
- 2 Pair old, lightweight sneakers (Nylon runners are best because they are light and dry easily)
 - One pair for camp
 - One pair will be your water shoes to be worn for boating activities.

Proper footwear is extremely important. The beaches are rugged with sharp rocks, shells, and barnacles. Therefore adequate protection is necessary. A stiff sole with full foot protection (such as a running shoe) for walking and carrying kayaks onto the beach will work well. Neoprene booties with a durable rubber or felt sole are an acceptable alternative. No sandals please.

Miscellaneous Items:

- 1-3 bandanas (these are used for everything from washcloths to sweatbands to sun protection, cotton is okay)
- 1 pair sunglasses-the darker the better (100% UV protection). A strap to hold glasses on is highly recommended (can be bought or made).
- Headlamp or small flashlight with extra batteries
- 1 Bible (pocket-size with Old Testament and Psalms)
- 1 small notebook and ballpoint pen or pencil
- Personal toiletry kit: toothbrush and small toothpaste, small hand sanitizer, a small comb, contact lens supplies, etc. You may want to store these in small plastic baggies. For women: feminine products, liners, and wet-wipes.
- Sun block (small, SPF 25+ or more)
- Lip balm with sun block (15 SPF or more)
- Insect repellent (small bottle)
- 2 water Bottles (1-liter size)

Optional Items:

(These Items are not essential but, if you have them, would be beneficial to bring)

- 1 sleeping bag in a stuff sack. A bag with synthetic material such as quallofil, hollofil, polar guard as insulation is far superior to down in the coastal climate. Don't bring down unless you can't get anything else. Even then, we may ask you to use one of ours on the trip.
- Gloves for paddling (neoprene, bicycle gloves or pogies)
- Neoprene wet suit booties
- Ensolite blue foam or Therm-a-rest sleeping pad
- Crazy Creek or Therm-a-rest chair
- Camera and film in waterproof case. Waterproof disposable cameras work well.
- Stuff sacks or dry bags **20L or less** for packing gear into
- 1 small pocket knife (Not a big hunting knife)
- Instant coffee packets for breakfasts (coffee not provided)
- 2-3 carabiners to secure items on deck of kayaks



Provided from Beyond:

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit
- ✓ Sea Kayaking Equipment
- ✓ Bug nets

Available to borrow from Beyond:

- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Water shoes
- ✓ Small NT bibles
- ✓ Water bottles

BRING FOR BASE CAMP

These are items that you will use and keep at basecamp, not to be brought onto the water.

- Bathing suit and towel
- Biodegradable soap and shampoo
- 1 towel
- Set of clean clothing that you can wear home
- Personal toiletries
- Pillow and sleeping bag (can borrow bag from Beyond)
- Money for Beyond store

PHYSICAL PREPARATION FOR A BEYOND SEA KAYAKING TRIP

Get your muscles ready for the endurance they will need for a week on the water!

#1 Flexibility and Balance

As a paddler, flexibility and balance are the main arenas of fitness you will rely on to prevent injuries as you are transitioning from paddling, to the physical demands of navigating a surf landing, to jumping out of your kayak, to lifting and carrying all of the kayaks past the intertidal zone. Just getting in and out, and staying upright in a kayak requires flexibility and balance. Prepare for your trip by incorporating a complete stretching routine that includes total body flexibility and balance. Prepare your own routine or use yoga styles of stretching, twists, and balancing positions to help get you ready for your trip. Have fun watching your body adapt and improve little by little.

#2 Strength Conditioning

Between paddling and carrying boats you will be using every major muscle group in your body: arms, legs and core. Getting out and paddling or using a rowing machine is the best way to build muscle groups for paddling, but you don't need access to a kayak or rowing machine. Physically prepare by doing physical activity at least 3x a week for 30 minutes or more. Build core, arm, shoulder, and leg muscles. Also focus on flexibility.

- ✓ Core. 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. Add other core exercises. Your core is important for balancing your kayaking and is a major part of paddling.
- ✓ Arms and shoulders. Add 3 sets of 15 bicep and tricep curls with light to moderate weights. Add 2 sets of 15-25 pushups, start on knees if standard pushups are too hard at first. See how many you can work up to!
- ✓ Legs. Add 3 sets of 20 lunges to your workouts to help your legs build strength for support when you are carrying boats. Start with squats if lunges are too difficult at first.

Train Together

If possible, work out as a group and if you are able, get out on the water together for a paddle! It will also give your group a good start in learning how to work together on the water.

Another idea is to get together at someone's house and do a group workout. Create stations around the house such as lunges, push-ups, sit-ups, wall-sits, plank, 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. To finish off the workout, have a big group stretching session and balancing competitions.