



A Participant's 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 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 Princess Louisa Inlet. The group will travel to Beyond Malibu's base camp to meet their guides, and 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, 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 Beyond Malibu is aware of the food allergy as soon as possible, or at least 10 days before arriving at camp. So we can 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, the proper clothing is of utmost importance. Our years of experience have enabled us to provide you with a list of what is needed. Full Hiking Clothing and Equipment List (Page 5-6). 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 clothes and wool clothes. So we will not take cotton clothing into the mountains.



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 (Page 5-6).

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 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 Bottle: 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 insure 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 mountains trails, over rocks and over 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 7) so you can get ready for the endurance you will need for a week in the mountains.



Mandatory Forms: For those under 19, 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 doctor 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- [CAMPING HEALTH, CONSENT AND RELEASE FORM](https://apps.younglife.org/HCFORM/Account/Login.aspx)- Follow the link. Or use <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 name: Beyond Malibu
 - Guest Type: Camper
 - Camp dates: <Trip Dates>
 - Health insurance information
 - Health history including immunization record
 - For help see Young Life Health and Consent Form Help: [Parents](#); [Leaders](#) or contact your trip leader/coordinator or area Young Life office.
- 2) PRINT-
 - **Doctor cover letter** (Page 8)
 - **Camping Health, Consent and Release Form including Signature Page.**
 - Login to your Young Life Camping Health, Consent and Release Form
 - For the Camping Health, Consent and Release Form click *My Forms* and click the  icon and print in full.
 - For the Signature Page click *My Forms* and click the  icon and print.
 - **Consent for Medical Treatment in Canada Form** (Page 9)
- 3) EXAM- **Go to your physician for a physical exam within 12 months of the camp date.** Have your doctor review the doctor cover letter, your completed the Camping Health Consent and Release Form and sign the signature page.
- 4) FAX- Have the physician's office fax a copy of just the signature page to the unique fax number listed on the signature page. Keep the hard copy of the signature page to turn in.
- 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) & Consent for Medical Treatment in Canada Form 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.

Border Crossing Documents: (only applies to groups traveling from outside of Canada)



- 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.
- Whether crossing the Canadian border by ground or air, **anyone 19 and older must have a passport.** Please double check to make sure your passport is current. Processing times can vary but plan for at least 90 days.
- For participants under 19 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 under 19 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 10. 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.)

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 \$4,000.00 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 26 Young Life camps in the United States.

Young Life Beyond Malibu

P.O. Box 15662, Seattle, Washington 98115

Phone: 206-525-0791 Fax: 206-525-1207

Email: BeyondMalibu@beyondmalibu.younglife.org

For more information or questions on Young Life Beyond Malibu visit

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

HIKING CLOTHING AND EQUIPMENT LIST

YOUNG LIFE BEYOND MALIBU

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 the mountains.

This list is the result of years of experience in the mountains in the Coastal Mountains of British Columbia and everything has a purpose. Please bring all of the **required clothing**.

To keep costs down we encourage you to borrow or shop at Thrift stores and shop sales as much as possible!

Keep in mind that everything must be carried on your back so watch the weight!!

REQUIRED CLOTHING AND EQUIPMENT

For the Mountains:

UPPER BODY LAYERS

- ___ 1 short sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- ___ 1 long sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- ___ 1 **light** wool sweater, fleece jacket, or a heavyweight polypropylene top
- ___ 1 **heavy** wool sweater, 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

LOWER BODY LAYERS

- ___ Underwear. 2-3 Briefs or boxers must be synthetic (polypropylene/synthetic/wool)
- ___ 1 pair shorts - lightweight nylon with liner work well (not cotton)
- ___ 1 pair of moisture wicking long underwear bottoms (polypropylene/synthetic/wool)
- ___ 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)

HEAD and HAND LAYERS

- ___ 1 wool or fleece (NOT ACRYLIC) stocking hat
- ___ 1 baseball cap or sun visor
- ___ 1 pair wool or fleece gloves or mittens (or 2 lighter pair to layer)

FOOTWEAR

- ___ 3 pairs mid to heavy-weight wool socks
- ___ 1-2 pair sock liners: lightweight (polypropylene/synthetic/wool)
- ___ 1 pair of three-strap sandals (Tevax or Chacos) or a pair of old lightweight sneakers (Nylon runners are best because they are light and dry easily). Crocs are also a great option. No Flip Flops. These shoes are worn with socks in the evening.
- ___ **Boots** 1 pair of medium-weight, backpacking or light mountaineering boots. Boots are crucial! Need to provide good support for rugged off trail hiking with heavy packs. (tough, and durable)

Here are some boot features to look for:

- Constructed from full-grain leather , one piece upper or combination of nylon, Gore-Tex and leather
- A stiff sole that provides good traction, like a Vibram lugged sole
- ½ length shaft with in the sole to provide foot support and protection
- Ankle support! Trail running and below the ankle hiking boots are not acceptable.
- It is important to have good fitting footwear so take the time to be certain that your boots fit well! When fitting boots, wear two pairs of socks (1 liner, 1 heavy wool).

MISCELLANEOUS ITEMS

- ___ 1-3 bandannas (these are used for everything from washcloth to sweatband) (Cotton is Fine)
- ___ 1 Sunglasses (100% UV protection, side shields).
- ___ 1 Head lamp or **small** flashlight with extra batteries
- ___ 1 **small** Bible (pocket size, with Old Testament and Psalms)
- ___ Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only), contact lens supplies. For Women; female products, and wet wipes. You will pack these items out. You may want to store these in small Ziplock bags covered with duct tape to conceal contents. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC.!
- ___ 1 small washcloth (a bandanna works fine)
- ___ 1-2 Water bottles (1 Liter)
- ___ 1 bottle of sun block and 1 Chap Stick, 25 SPF or greater
- ___ 1small bottle of insect repellent
- ___ 1 small bottle of hand sanitizer

Optional Equipment:

(These items are not essential)

- ___ 1 small pocket knife (NOT a big hunting knife)
- ___ 1 backpack - good quality and proper fit only (Volume equal to or greater than 5200ci or 80L)
- ___ 1 sleeping bag in stuff sack. Synthetic fill bags(e.g. Quallofil, Hollofil, Polarguard, etc) perform well in the variety of conditions that we encounter on trips. Ratings of 0 - 15 degree F rating.
- ___ Over mitts or ski gloves
- ___ Camera and batteries
- ___ Therma-rest pad or Ensolite closed cell or blue foam pad
- ___ Crazy Creek Chair or Therma-rest Chair Kit
- ___ 1 pair Polarguard or down booties
- ___ Small package of **second skin**, moleskin, mole foam, athletic tape or other foot protection
- ___ Gaiters
- ___ Trekking Poles

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

For Base Camp:

These are items that you will use in base camp and not taken into the mountains.

- ___ Bathing suit and T-shirt
- ___ 1 towel
- ___ Set of clean clothing that you can wear home. You will not take these with you on the trip



PHYSICAL PERPARATION 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.



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

Beyond Malibu is located in a 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.

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 applicant's physical, emotional and mental wellbeing. Please review the participants 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 Doctor 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



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

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