



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

Young Life's Beyond Malibu Sea Kayaking Trips are unique adventures, that and 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 a 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, 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 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 British Columbia, 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 Sea Kayaking Clothing and Equipment List (Page 5-6).

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 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. Sun shirts and hats that cover neck, ear and back of hands. Also plenty of good waterproof sunscreen! See the full Sea Kayaking Clothing and Equipment list (Page 5-6).



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 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 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 insure 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: From cold, rainy and windy to hot and sunny weather conditions may vary widely. Temperatures can range from 40 to 80 degrees Fahrenheit. Participants wear life vests while on the water; 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 protect the group from unsafe conditions.



Routes: Jervis Inlet (8day trip) Sechelt Inlet (7day 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 7) so you can get ready for the endurance you will need for a week on the water.



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 online: [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

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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>

SEA KAYAKING CLOTHING & 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 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 we would encourage you to borrow or shop at Thrift stores and watch for sales as much as possible!

REQUIRED CLOTHING AND EQUIPMENT

For Sea Kayaking Trip:

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 stocking hat (NO ACRYLIC)
- ___ 1 Baseball cap or sun visor
- ___ 1 Pair wool or fleece gloves or mittens

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 on 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 Bandannas (these are used for everything from washcloth to sweatband to sun protection)
- 1 Pair sunglasses-the darker the better (100% UV protection). A strap to hold glasses on is highly recommended. (can be bought or made)
- 1 Headlamp or small flashlight with extra batteries
- 1 Bible (with Old Testament and Psalms preferred)
- 1 Small notebook and ballpoint pen or pencil
- Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only) a small comb, female necessities, contact lens supplies, etc. You may want to store these in small plastic baggies. **NOTE: If you wear glasses, they should be held on with a strap. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC!**
- 1 Small bottle of sun block, 25 SPF or greater
- Lip balm with sun block (15 SPF greater)
- 1 small bottle of insect repellent
- 1 small bottle of hand sanitizer
- 2 Water Bottles (1 Liter)

Optional Equipment:

(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)
- 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 bottle

For Base Camp:

(These are items that you will use and keep at basecamp and not bring on the water.)

- 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 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 incudes total body flexibility and balance. Prepare you 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. Core is important for balancing your kayaking and is a major part of paddling.
- ✓ Arms and shoulders. Add 3 sets of 15 bicep and tri cep 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 work out. 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.



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 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. Temperature 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, 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 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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