



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 kayak 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 48-50 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: 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. 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.

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 Individual Guest Health and Consent Form is clear, thorough, printed out in its entirety and turned in upon arrival at basecamp.** Thank you for your attention to these details, here are the steps:

- 1) **PRINT AND COMPLETE-** Individual Guest Health and Consent Form (Pages 8-11)
 - Participant Cover Letter Page 8 communicates Young Life's expectations with regards to insurance and liability in the event of illness or injury during the trip. Please read carefully.
 - Doctor Cover Letter Page 9 explains the physical expectations of a Beyond Malibu trip. So your doctor can assess and communicate your medical health concerns accordingly.
 - Individual Guest Health and Consent Form Pages 10 and 11 to be completed by participant and/or parent/guardian and reviewed by a physician during a physical exam.
- 2) **EXAM-** Go to your physician for a physical exam; have them review the Doctor cover letter and completed Individual Guest Health and Consent Form (Pages 9-11) and sign in appropriate places.
- 3) **PRINT AND SIGN-**Consent for Medical Treatment in Canada Form (Page 12). Only applies to individuals who do not have Canadian citizenship.
- 4) **NOTIFY-** Please notify our office as soon as possible of any special medical conditions, dietary restrictions, food allergies or other health related concerns that you think may be of importance for us to know in advance. Phone: 206-525-0791 Email: beyondmalibu@beyondmalibu.younglife.org
- 5) **TURN IN-** Turn in the Individual Guest Health and Consent form and the Consent for Treatment in Canada form to your trip leader. 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.



Mandatory Forms: (Border Crossing Documents Continued)

- 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.
 - Please contact your trip coordinator to receive your Border Crossing Consent Letter, they will provide accurate details to complete this form including: group name, trip leader and camp dates. A sample letter is provided on Page 13.
- 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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For more information or questions on Young Life Beyond Malibu visit

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