



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.



General Information: (Continued)

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 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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