



NASSAU PRESBYTERIAN CHURCH

St. Alfred

Mt Callaghan

Malibu

Mt Cayley

Beyond Malibu 2020 Mountain Trips

July 23 - August 2, 2020

Base Camp (Adults & Teens)

Hiking #1 (Teens & Chaperones)

Hiking #2 (Adults Only)

All groups supervised by YoungLife/Beyond Malibu Staff

Garibaldi

Mt. Garibaldi

Mt Tantalus

Altery Bay

Charls Cove

Squamish

Woodfibre

Madeira Park

Britannia Beach

Furry Creek

Halfmoon Bay

Gambier Island

land

Sechelt

Roberts Creek

Gibsons

Strait of Georgia

99

West Vancouver

Vancouver



Travel Details

TRAVEL SCHEDULES

1. The trip starts and ends at Seattle-Tacoma International Airport (SEA)
2. Meet at Baggage Claim #1 (by the Rocks & Tables) by 1:00pm on Thursday, July 23, 2020.
3. All travelers will be returned to SEA in time to check in for their morning flight on Sunday, August 2, 2020.
4. Pick-ups and hand-offs from/to alternative transportation/guardians must be arranged in advance and should fit within these parameters. Contact Lauren Yeh (x106, LYeh@nassauchurch.org) to arrange this.

RECOMMENDED FLIGHTS

- 7/23 - Newark to Seattle, Alaska Air #791 (9:00AM - 12:00PM)
- 8/2 - Seattle to Newark, Alaska Air #8 (8:20AM - 4:35PM)

Chaperones will be on these flights

GROUND TRANSPORTATION

- 7/23 - parent drive or organize carpool, Princeton area to Newark Airport; Mark Edwards meets travelers at SEA.
- While in Seattle and British Columbia, Mark Edwards and pre-cleared chaperones will be driving rental vans. The group will also take a commercial ferry and then a smaller boat to reach base camp.
- 8/2 - Mark Edwards delivers travelers to SEA; parent pick up or organize carpool, Newark Airport to Princeton area.

WHEN SHOULD YOU BUY AN AIRLINE TICKET?

It all comes down to timing. According to a report by Expedia and ARC analyzing over 5 billion airfare searches, there really is a day of the week and a time period when fares are the lowest.

**That magic moment is Tuesday at 3PM EST,
50-100 days before your flight.**

There's two things going on here. One, Tuesday at 3 p.m. is when most airlines release their fares for the week. So there's the most competition for your dollar. Two, the data shows that 50-100 days before your domestic flight takes off is the longest stretch of time before fares start going up as seats start selling. Each tip works on its own, but combine them and you can save on average over \$100.

Ben Popken, Today Show

**50-100 Day Window for this Trip:
Monday, March 23-Wednesday, June 3, 2020**

Hiking Clothing & Equipment List

adapted from <https://beyondmalibu.younglife.org/Pages/Trip-Prep.aspx>

The following list of clothing and equipment is essential for your health and safety. We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. The weather is unpredictable and each person needs to be prepared for varying conditions.

Please read the section on **Mountain Boots** very carefully. Commonly called “Backpacking Boots,” these are designed for hikers carrying heavy loads on multi-day trips deep into the backcountry. Most have a high cut that wraps above the ankles for excellent support. Durable and supportive, with stiffer midsoles than lighter footwear, they are suitable for on- or off-trail travel.

Where it says WOOL, bring wool or one of the acceptable alternatives. Wool insulates when wet and allows for ventilation due to its fiber structure. Good synthetic materials which are as effective as wool are FLEECE (some trade names include Polartec and Synchronia) and POLYPROPYLENE (other names are Capilene and Polyester). Feel free to substitute either or both of these for any wool item listed below. However, they are usually more expensive so don't go out and buy them unless you are planning to use them after Beyond.

Other than these substitutions, please follow the clothing and equipment list as closely as possible. Make no other substitutions! This list is the result of years of experience in the mountains around Malibu and NW Coast Mountains and everything has a purpose.

Please contact Mark Edwards if you have any questions or for further information regarding materials or equipment listed. We also recommend a visit to an outdoor store to talk with knowledgeable people.

There will be a mandatory “clothing & equipment check” day here at the church in the Spring.

THESE ITEMS WILL BE LESS COSTLY IF YOU:

1. Borrow as much as possible. Equipment is costly and unless you have hiked a lot you might be better off borrowing instead of buying what you may use very little later. Beyond is not the place to be fashion conscious.
2. Rent equipment from an outdoor or sporting goods store
3. Buy used gear. Some excellent resources are Army/Navy surplus stores, Goodwill, Salvation Army and second-hand sporting goods stores (such as <https://www.rei.com/used>).
4. Keep in mind that everything must be carried on your back so watch the weight!!

Required Clothing & Equipment

For the Mountains:

UPPER BODY LAYERS

- ❑ 1 short sleeved polypropylene/moisture wicking t-shirt
- ❑ 1 polypropylene long sleeved underwear top
- ❑ 1 light wool sweater, fleece jacket, or a heavyweight polypropylene top (or 2 lightweight polypropylene tops)
- ❑ 1 heavy wool sweater, wool shirt, or a fleece jacket (mountaineering style)
- ❑ 1 rain top: jacket, anorak, or cagoule with hood. As this is a crucial item, it is important that it be made either of coated nylon or of Gore-Tex (or equivalent) fabric. Don't bring vinyl (too heavy) or plastics (rip easily). Bring a coated nylon poncho only as a last resort.

LOWER BODY LAYERS

- ❑ 3-4 sets of underwear (running shorts can work great) Suggestion for women: athletic/jog bras are the most comfortable to wear (not cotton)
- ❑ 1 pair shorts-lightweight nylon with liner work well (preferably not cotton)
- ❑ 1 pair polypropylene or similar fabric (most comfortable) or lightweight wool (not cotton!) long underwear bottoms
- ❑ 1 pair wool or fleece pants
- ❑ 1 pair rain pants: again only coated nylon (recommended) or Gore-Tex.

HEAD AND HAND LAYERS

- ❑ 1 wool or fleece (**not acrylic**) stocking hat
- ❑ 1 baseball cap or sun visor
- ❑ 1 pair heavy wool or fleece gloves or mittens (or 2 lighter pair to layer)

FOOTWEAR

- ❑ 3 pairs heavy wool socks
- ❑ 1-2 pair sock liners: thin wool, polypropylene, or other synthetic (not cotton)
- ❑ 1 pair of three-strap sandals (Teva 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.
- ❑ **1 Pair Mountain Boots:** We travel in rugged terrain, which requires mountain boots made with heavy gauge leather, and stiff Vibram soles. Waffle stompers will not be adequate! Your boots should be well broken in and waterproofed before you arrive. (Sometimes you can seal them at your rental supplier.) It is important to have good fitting footwear so take the time to be certain that your boots fit well! They are the most critical item!

In the mountains, boots are both protection and support. Spend some time walking around in them at home. When fitting boots, wear two pairs of socks (1 light, 1 heavy wool). A boot must be long enough and have sufficient room: When laced snugly, the foot should not be cramped nor the toes hit the front of the boot when walking downhill. The heel should also fit comfortably into the heel of the boot so that there is no slipping while hiking. If you do not own a pair of good boots we would suggest renting them rather than going out and purchasing an expensive pair, especially if this is a first or second time hiking in the mountains. The fee is normally reasonable and the boots are broken in which may prevent some unnecessary blisters and expense.

MISCELLANEOUS ITEMS

- 1-3 bandannas (these are used for everything from washcloth to sweatband)
- 1 pair sunglasses - the darker the better (100% UV protection). Side-shields are recommended (can be bought cheaply or made).
- 1 head lamp or small flashlight with extra batteries
- 1 small Bible (pocket size, with Old Testament and Psalms)
- 1 small bottle of insect repellent
- 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. **No makeup, deodorant, hair spray, etc.!**
- 1 small washcloth (a bandanna works fine)
- 1 bottle of sun block and Chap Stick, 25 SPF or greater
- 1-2 Water bottles (1 Liter)
- 1 small bottle of hand sanitizer

For Base Camp:

Have this set of clothing ready to put on immediately upon arrival at base camp. As you may get wet, don't plan to take any of the items on your trip!

- Bathing suit and T-shirt
- 1 towel
- Pair of sneakers, running shoes, or sport sandals that can take a soaking. (Remember these should not be the same pair that you are taking into the mountains.)

For Returning Home:

Have one set of clean clothing that you can wear home. You will not take these with you on the trip.

Physical Preparation

Get your muscles ready for the endurance they will need for a week in the mountains.

CARDIO EXERCISE

Physically prepare your participants 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.

ADD STRENGTH CONDITIONING

1. 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.
2. 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 yourback 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 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

1. 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.
2. Make sure to break in your hiking boots before coming to Beyond. 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.
3. Another idea is to get together at someone's house and do a group workout. 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. Repeat the whole cycle three times.

Training Work-Out Tracking

Week	Activity	Activity	Activity	Activity
Dec 22				
Dec 29				
Jan 5				
Jan 12				
Jan 19				
Jan 26				
Feb 2				
Feb 9				
Feb 16				
Feb 23				
Mar 1				
Mar 8				
Mar 15				
Mar 22				
Mar 29				
Apr 5				
Apr 12				
Apr 19				
Apr 26				
May 3				
May 10				
May 17				
May 24				
May 31				
Jun 7				
Jun 14				
Jun 21				
Jun 28				
Jul 5				
Jul 12				



Mt Victoria

Mt Albert

Sun Peak

Mt Wellington

Mt Frederick
William

Malibu

Princess Louisa Inlet

Mt Crear

Asl
Mount