



NASSAU PRESBYTERIAN CHURCH

Mt Callaghan

Malibu

BEYOND MALIBU  
BASE CAMP

Mt Cayley

# BEYOND MALIBU 2024 MOUNTAIN TRIP

JULY 17 - JULY 27

HIKING

EGMONT  
BOAT LAUNCH

Mt Tantalus

Madeira Park

Halfmoon Bay

Sechelt

Roberts Creek

Gibsons

Gambier  
Island

Woodfibre

Britannia  
Beach

Furry Creek

West  
Vancouver

Vancouver



# Beyond Malibu

Beyond Malibu was born forty years ago out of the idea of going beyond the regular Malibu Club resort camp setting into the rugged outdoors where there would exist more situations that afforded the opportunity to go beyond one's self physically, mentally and spiritually. Your teenager has an opportunity this year to join the thousands of other teenagers who since the program began in 1970 have gone "Beyond."

Beyond Malibu is a wilderness program through Young Life that has been taking kids into the mountains on hiking trips since 1970 and sea kayaking since 1998. Hiking trips are week-long treks into the Canadian Coastal Mountains surrounding the Princess Louisa Inlet. Sea kayaking trips paddle for a week through the inlets of the Sunshine Coast near Egmont, B.C.

This year our group will be taking a Hiking trip (July 17-28, 2024) and your child has an opportunity to experience this once in a life adventure. All trips are led by well-trained and experienced staff. No experience is necessary as the participants are taught the skills needed to safely participate in the trip.

If you were not able to be part of the Beyond Malibu information session on Sunday, November 5, or if you did and you have more questions, connect with Mark Edwards by email or phone ([mark@nassauchurch.org](mailto:mark@nassauchurch.org), 609-933-7599) You may also call the Beyond Malibu office with questions at (206) 525-0791.

If you decide to reserve a space on this year's Beyond trip, please follow the registration instructions on the enclosed form. Deposits are due on or before Sunday, December 3, 2023.

We hope your daughter or son (or even you!) will join us this summer for this worthwhile opportunity.

# Travel Details

## REQUIREMENTS FOR TRAVEL TO CANADA

- ❑ A valid US Passport with an expiration date of at least February 2025.
- ❑ Youth under the age of 19 must have parental permission to travel with the group. Form will be provided by Nassau.

## COVID-19 TRAVEL RESTRICTIONS

These are the travel restrictions as of October 2023. We will keep you advised of any changes:

- Travel to Canada: proof of Covid-19 vaccination/pre-boarding testing is not required.
- Using ArriveCAN is not required but you can save time at the border using the customs and immigration feature to complete your declaration.
- While traveling in Canada wearing masks on planes and trains is recommended, not required.
- Return to USA: proof of Covid-19 vaccination/pre-boarding testing is not required.

## TRAVEL SCHEDULES

1. The trip starts at Newark Airport (EWR), Wednesday 7/17 - meet at check-in 2 hours before the evening flight.
2. All travelers will be returned to Vancouver Airport (YVR) in time to check in for their evening flight on Friday 7/26, which arrives in EWR the next morning.
3. Pick-ups and hand-offs from/to alternative transportation/guardians must be arranged in advance and should fit within these parameters. Contact Lauren Yeh (LYeh@nassauchurch.org, 609-924-0103, x106).

## SAMPLE FLIGHTS - WAIT TO PURCHASE TICKETS

- 7/17 - EWR to YVR United Airlines #8413 (6:00PM - 8:54PM)
- 7/26 - YVR to EWR United Airlines #1652 (10:30PM - 6:52AM +1) arrives Saturday, July 27.

**Registered participants/parents will be alerted when we have booked the chaperons on their flights.**

## GROUND TRANSPORTATION

- 7/17 - parents drive or organize carpool, Princeton area to Newark Airport; Mark Edwards will meet travelers at the Vancouver Airport.
- While in Canada transportation will be provided by rented van, (which will travel by road and by commercial ferry) and then a smaller boat (carrying passengers only) to reach base camp.
- 7/26 - Mark Edwards & Chaperons deliver travelers to Vancouver Airport
- 7/27 - Parents pick up or organize carpool, Newark Airport to Princeton.

# Required Forms

## DUE DECEMBER 3, 2023

- ☐ NPC Deposit Form
- ☐ Deposit \$500.00

## DUE APRIL 28, 2024

- ☐ Physical Health & Medical History (signed by physician)
- ☐ Copy (front and back) of Health Insurance Card
- ☐ Allergy & Prescription Medication Form (if applicable)
- ☐ NPC Assumption of Risk & Release from Liability (Notarized)
- ☐ Border Crossing Form (under 19, signed by parent)
- ☐ Copy of Passport (photo/signature page)
- ☐ Payment \$500.00 (or final payment of \$750.00)

## DUE JUNE 16, 2024

- ☐ Top 3 choices for hotel roommates
- ☐ Final Payment \$250.00

## IMPORTANT INFORMATION

**BALANCE DUE** — Completed forms and payment #2 are due on Sunday, April 28, 2024. Members of the Youth Ministry Committee and Nassau Staff will be on hand that day to notarize forms (where necessary) as well as accept forms & payments. Final payment is due on or before Sunday, June 16, 2024.

**REFUND AND CANCELLATION POLICY** is printed on the back of the Deposit Form. Please read this section carefully and let the church office know if you have any questions.

**REGISTRATION FORMS** — A packet of registration forms will be prepared for each registered participant as soon as all the information has been received by the church from Young Life. This trip has multiple forms that must be filled out completely and signed by a parent/guardian. Some forms require notarization. Beyond Malibu trips **require** a recent physical and physician's signature. This trip also involves crossing the border into Canada and everyone must carry proper identification such as a valid U.S. Passport with an expiration date at least 6 months past the trip return date.

Please be in touch with Lauren Yeh in the church office if you have any questions about forms (LYeh@nassauchurch.org, 609-924-0103, x106).

# Clothing & Equipment List

*adapted from <https://beyondmalibu.younglife.org>*

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. 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.**

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 **Synchilla**) 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.

**Hiking Trip participants:** 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 back-country. 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.

**Sea Kayak Trip participants:** please read the section on **FOOT LAYERS** very carefully. Having appropriate attire will result in a more comfortable trip and help avoid injury. Additional trip specific suggestions include **waterproof stuff sacks** and **gloves** to protect your hands while paddling.

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.**

# Hiking Trip

## Required Clothing & Equipment:

### UPPER BODY LAYERS

- ❑ 1 short sleeved polypropylene/moisture wicking wool t-shirt
- ❑ 1 long sleeved wicking wool base layer
- ❑ 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)
- ❑ **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)

### 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
- ❑ **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 heavy wool or fleece gloves or mittens (or 2 lighter pair to layer)

### FOOT LAYERS

- ❑ 3 pairs heavy wool socks
- ❑ 1-2 pair sock liners: thin wool, polypropylene, or other synthetic (not cotton)
- ❑ 1 pair of three-strap sandals (Tevaz 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.

### MOUNTAIN BOOTS (1 PAIR)

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
- ☐ Personal toiletry kit: toothbrush and small toothpaste, small hand sanitizer, a small comb, contact lens supplies, etc. You may want to store these in small plastic baggies. For women: feminine products, liners, and wet-wipes. **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

## OPTIONAL ITEMS:

(THESE ITEMS ARE NOT ESSENTIAL BUT, IF YOU HAVE THEM, WOULD BE BENEFICIAL TO BRING)

- ☐ Backpacking pack (80L)
- ☐ Sleeping bag and stuff sack (0-24 degree F rating, synthetic fill, no down)
- ☐ Ensolite blue foam or Therm-a-rest sleeping pad
- ☐ Crazy Creek or Therm-a-rest chair
- ☐ Over mitts or ski gloves; down booties or fleece socks
- ☐ Personal blister protection: moleskin, mole foam, athletic tape
- ☐ Trekking poles.
- ☐ Camera and film (in waterproof case/bag) or waterproof disposable camera.
- ☐ Gaiters
- ☐ Instant coffee packets for breakfasts (coffee not provided)



## ADDITIONAL DETAILS:

### For Base Camp:

**These are items that you will use and keep at basecamp, not to be brought onto your trip!**

- ☐ Bathing suit and towel
- ☐ Biodegradable soap and shampoo
- ☐ Clean clothing for 2 days in base camp
- ☐ Personal toiletries
- ☐ Pillow and sleeping bag
- ☐ Money for Beyond store

### For Returning Home:

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

### Provided by Beyond:

- ✓ Tents, Bug Nets
- ✓ Cooking Gear (stoves/fuel), Water Purification
- ✓ Group First Aid & Foot Tape
- ✓ Climbing Equipment

### Can Borrow from Beyond:

- ✓ Backpacks
- ✓ Sleeping Bags and Liners
- ✓ Foam Sleeping Pads
- ✓ Gaiters
- ✓ Water Bottles
- ✓ Small Bibles

## THESE ITEMS WILL BE LESS COSTLY IF YOU:

1. Borrow as much as possible. Clothing and gear is pricey, so borrowing helps you obtain items that you'll only use at Beyond once.
2. You can also rent gear or buy it used from a secondhand clothing or sporting goods store. Beyond is not the place to be fashion conscious.
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 you must carry everything you pack so watch the weight!!



# Physical Preparation - Hiking

**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

[illegible]

# Training Work-Out Tracking

[illegible]

