L.L.Bean Outdoor Discovery Schools®

Discover a New Reason to Love the Outdoors

Thank you for registering for our **Teen Adventure Week** – get ready for an exciting outdoor adventure, sure to create lasting memories. Our friendly guides look forward to meeting you. We've included a list of what to bring and what equipment and supplies we provide. If you need anything on this list or just want to check out our wide selection of new and innovative products, stop by your local L.L.Bean store or shop online at llbean.com.

What to Bring

- ☐ Backpack big enough to store all items on the checklist
- ☐ Lunch and extra snacks
- ☐ Sunglasses with lanyard (polarized recommended)
- ☐ Hat with visor
- ☐ Non-breakable one quart water bottle
- ☐ Swimsuit and towel
- ☐ Quick-dry scarf, towel or buff
- ☐ Water shoes or shoes you don't mind getting wet must cover toes
- ☐ Extra pair of sneakers and socks
- ☐ Rain gear
- ☐ Extra layer of warm synthetic clothing*
- ☐ Extra change of clothes in case they get wet
- ☐ Personal prescriptions such as EpiPen or inhaler
- ☐ Lip balm with sunscreen

Optional

- ☐ Waterproof camera
- ☐ Insect repellant
- ☐ Sunscreen

What We Provide

- Use of all necessary outdoor equipment
- First-aid kit
- Water
- Sunscreen
- Insect repellant

If you require handicapped access or accommodations, need assistance with your reservation or have any other questions, please call 1-888-552-3261.

Synthetic clothing dries quickly and is the best choice for outdoor pursuits. Please do not wear cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry. We also recommend you dress in multiple layers of clothing, allowing you more flexibility to comfortably respond to the weather conditions and your level of exertion.