L.L.Bean Outdoor Discovery Schools®
Discover a New Reason to Love the Outdoors

Thank you for registering for our **Private Cross-Country Skiing Lesson** – 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

- ☐ Waterproof shell jacket and pants
- ☐ Long underwear tops and bottoms (synthetic or wool)
- ☐ Wool or synthetic socks*
- ☐ Personal prescriptions such as EpiPen or inhaler
- ☐ Light or medium Fleece jacket or wool sweater appropriate level of insulation for moderate activity
- ☐ Warm hat, gloves and glove liners (preferably waterproof)
- ☐ One-quart water bottle or hydration system

Optional

- ☐ Neck gaiter or balaclava
- ☐ Waterproof camera
- ☐ Skis, boots, gaiters and poles
- ☐ Sunglasses with lanyard (polarized recommended)
- ☐ Extra change of clothes for after lesson
- ☐ Lip balm with sunscreen

What We Provide

- Use of all necessary skiing equipment: skis, boots, bindings, gaiters and poles
- Water
- First-aid kit
- Sunscreen

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.