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

Thank you for registering for our **One-Night Maine Bike and Paddleboard Trip** – 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

- ☐ Cycling shirt* or synthetic shirt
- ☐ Cycling shorts*
- ☐ Synthetic socks*
- ☐ Closed-toed shoes for appropriate for biking
- ☐ Swimsuit and weather-appropriate paddling clothing (preferably synthetic*)
- ☐ Fleece jacket or wool sweater
- ☐ Waterproof jacket and pants
- ☐ One-quart water bottle or hydration system
- ☐ Sunglasses with lanyard (polarized recommended)
- ☐ Hat with visor
- ☐ Sleepwear
- ☐ Extra change of clothes
- ☐ Extra change of shoes
- ☐ Casual clothing
- ☐ Personal prescriptions such as EpiPen or inhaler
- ☐ Personal toiletries (travel size)
- ☐ Pillow
- ☐ Towel
- ☐ Lip balm with sunscreen

Optional

- ☐ Waterproof camera
- ☐ Water shoes or closed-toed shoes you don't mind getting wet
- ☐ Bike (road, sport touring or hybrid bike; no mountain or comfort bikes)
- ☐ Helmet (no more than 5 years old)
- ☐ Stand-up paddleboard, SUP paddle and US Coast Guard-approved Type III PFD
- ☐ Cycling gloves
- ☐ Alcoholic beverages for the evening

What We Provide

- Use of all necessary paddling equipment: boards,
- Use of all necessary camping equipment: tents, cots,

paddles, PFD's, etc.

- Cross bike with 27 gears
- Helmet
- Closed-toed water shoes
- Maps
- Tools and repair kit
- Water
- Sunscreen

sleeping bags, headlamps, camp chairs, etc.

- Youth bikes for ages 10+
- Handlebar bag and water bottle
- Safety gear
- First-aid kit
- All meals
- Snacks
- 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.