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

Thank you for registering for our **Maine Bike and Kayak Day Tour** – 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

- ☐ Weather-appropriate paddling clothing (preferably synthetic*)
- ☐ Cycling shirt* or synthetic shirt
- ☐ Cycling shorts*
- ☐ Synthetic socks*
- ☐ Closed-toed shoes appropriate for biking
- ☐ Closed-toed water shoes
- ☐ Waterproof jacket and pants
- ☐ Sunglasses with lanyard (polarized recommended)
- ☐ Hat with visor
- ☐ One-quart water bottle or hydration system
- ☐ Personal prescriptions such as EpiPen or inhaler

Optional

- ☐ Bike (road, sport touring or hybrid bike; no mountain or comfort bikes)
- ☐ Helmet (no more than 5 years old)
- ☐ Tandem sea kayak with two bulkheads, spray skirts, paddle and US Coast Guard-approved Type III PFD
- ☐ Waterproof camera
- ☐ Cycling gloves
- ☐ Extra change of clothes
- ☐ Extra pair of shoes
- ☐ Towel
- ☐ Lip balm with sunscreen

What We Provide

- Use of all necessary paddling equipment: boats, paddles, PFD's, etc.
- Cross bike with 27 gears
- Youth bikes for ages 10+
- Helmet
- Handlebar bag and water bottle
- Safety gear
- Maps
- First-aid kit

- Tools and repair kit
- Water
- Lunch
- Insect repellent
- Dry bags
- Snacks
- 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.