

## **[PRE-TRIP INFORMATION TEMPLATE]**

### **Additional Trip Details**

Below you'll find more information about this trip and what you'll need to know in order to prepare for your adventure.

#### Activity Level

This trip will consist of paddling tandem\* (i.e. two-person) kayaks on all three days of the trip. The second day will entail the most paddling, with up to 5 hours being spent on the water (including stops to stretch and to have lunch). While this trip is geared toward beginners, it is recommended that you have at least some previous kayaking experience.

\*Note: Solo kayaks are available upon request.

#### Destination/Travel Time

The trip kicks off in Freeport, Maine at our Paddling Center. Once you've met with your guides and fellow travelers, you will travel together to the put-in which is approximately a 1 ½ to 2 hour drive from the Paddling Center.

#### Accommodations

You will be camping on an island in Muscongus Bay, ME, and will be provided with a tent, sleeping pad, sleeping bag, and sleeping bag liner. The island has privies (i.e. outhouses), and no shower facilities or running water. Note that there are hot showers available for your use at the end of your trip upon return to the Paddling Center in Freeport.

#### Connectivity

This is an unplugged adventure. Once at our campsite in Muscongus Bay, cell phone service will be limited. There is no ability to charge electronic devices on the island. There is also no wi-fi available.

### *Clothing Considerations*

Dressing in layers is the key to staying comfortable in the outdoors. Multiple layers allow flexibility to respond to your activity level and changing weather conditions. We can expect low temperatures at night around 60°F and highs of 80°F during the day.

Your base and middle layers should include wool or synthetic clothing or a combination of both. Please avoid bringing all-cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry. Wool or synthetic fabrics are best because they don't absorb water, so they will keep you warm even if they get wet. Synthetic clothing also dries quickly.

For an outer layer, we recommend waterproof/breathable outer shell. This gear will protect you from the wind and rain and help keep you dry.

### *Luggage*

Upon your arrival to the trip, you will be provided two dry bags to pack your personal gear. The first provided bag will be a 10-liter dry bag (dimensions approx. 7.5" x 13"). The second provided bag will be a 20-liter dry bag (dimensions approx. 9.5" x 21"). This bag will be for your personal gear. There will be time to pack your items into this bag after you arrive for the start of the trip. These dry bags will then be carried in your kayak to the island.

Page Break

Equipment Provided/Bring

**What to Bring:**

- Weather-and activity-appropriate clothing (preferably synthetic\*)
- Rainwear
- Fleece jacket or wool sweater – appropriate level of insulation for the activity
- Activity-appropriate closed-toed shoes
- Personal prescriptions such as EpiPen or inhaler
- One quart of water (no glass bottles)
- Personal toiletries (travel size)
- Compact pillow
- Compact towel
- Sleepwear

**Optional:**

- Swimsuit
- Dry clothes for after activity
- Change of shoes for after activity
- Footwear to wear around camp
- Sunglasses
- Hat
- Waterproof camera
- Tandem sea kayak with two bulkheads, spray skirt, paddle and U.S. Coast Guard-approved Type III PFD†

- Alcoholic beverages for the evening

**What We Provide:**

- Use of all necessary paddling equipment: boats, paddles, PFD's, etc.
- Use of all necessary backcountry camping equipment: tents, sleeping bags, sleeping pads, etc.
- Dry bags
- All meals and snacks
- Headlamp
- First aid kit
- Sunscreen

Questions

If you have any questions about this packing list, please call one of our Adventure Consultants. Also, if you'd like to purchase any L.L.Bean clothing or gear for this trip, our Adventure Consultants can offer suggestions.

Phone: 1-888-615-9979

Email: [odschool@llbean.com](mailto:odschool@llbean.com)

Thank you for choosing to spend your time outdoors with L.L.Bean, and we look forward to seeing you soon!

