



## Maine Island Kayak Camping Trip

### **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 Description

This trip will consist of paddling tandem (i.e. two-person) kayaks to our island campsites, and on each day you can expect to be on the water for 4 to 5 hours (including stops to stretch and to have lunch).

#### Destination/Travel Time

The trip kicks off in Freeport, Maine at our Paddling Center, which is also the location from where you start your paddling adventure.

#### Accommodations

You will be camping on an island in Casco Bay, and will be provided with a tent, sleeping pad, sleeping bag, and sleeping bag liner. There is a portable toilet system set up on the island for the duration of our trip, and the island has 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

There will be limited cell phone service for most of this trip.

#### 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.

Please avoid bringing all-cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry. Synthetic fabrics are best because they don't absorb water, and they also dry 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 kick-off of the trip, you will be provided two dry bags to pack your personal gear. The one dry bag will be a 10L bag (dimensions approx. 7.5" dia. x 13" tall), which can be used to carry items you want close at hand while paddling such as a camera, snacks, extra layer, sunglasses, etc. The second bag will be a large 20L dry bag (dimensions approx. 9.5" dia. x 21" tall). This bag will be for your personal gear listed on the bring list. There will be time to pack your items into these bags after you arrive for the start of the trip. These dry bags will then be carried in your kayak to the island.



## Equipment Provided/Bring

### **What to Bring:**

- Weather-and activity-appropriate clothing (preferably synthetic)
- Rainwear
- Sunglasses
- Hat
- 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
- Sunscreen
- Insect repellent

### **Optional:**

- Swimsuit
- Dry clothes for after activity
- Change of shoes for after activity
- Footwear to wear around camp
- Waterproof camera
- Tandem sea kayak with two bulkheads, spray skirts, paddle and US Coast Guard-approved Type III PFD
- Alcoholic beverages for the evening

### **What We Provide:**

- Use of all necessary paddling equipment: tandem kayaks, paddles, PFDs, etc.
- Use of all necessary backcountry camping equipment: tents, sleeping bags and pads, headlamps, etc.
- Dry bags for packing
- All meals and snacks
- Backcountry toilet system
- Hot showers are available to use at the L.L.Bean Paddling Center once the trip is over.

## 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:** [odprograms@llbean.com](mailto:odprograms@llbean.com)

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