



## Discovery Weekend Outdoor Adventures 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

During this trip, you'll participate in six different activities: shooting/sporting clays, fly casting, archery, kayaking, stand-up paddle boarding, and biking. The order of these activities will vary on a trip-by-trip basis. Each activity will last between 1 to 3 hours. The pace of the activities is relaxed and is appropriate for any ability level.

#### Destination/Travel Time

The trip kicks off in Freeport, Maine, at our Paddling Center. Some activities start right at the Paddling Center, while a couple of the activities take place a short 10-minute drive away (shuttle provided).

#### Accommodations

You will be camping at our oceanside Paddling Center. Here we have tents on wooden platforms for you to stay in, with views overlooking the ocean. Each tent has a lantern, headlamps and two cots with freshly cleaned sleeping bags. A short walk from your tent will bring you to our main building where we have sinks, flush toilets and hot showers available for your use at any time.

#### Connectivity

While at the Paddling Center, cell phone service is available for most carriers when close to the main building. While out on the activities, coverage is less consistent. Wi-Fi is available in the main building at the Paddling Center.

#### 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

A medium-sized duffle bag should be appropriate to pack the personal items you will need for the trip, but you are welcome to pack as much as you need to be comfortable. Because the tents are located a short walk from where you park your car, you can leave any items either in your car or in your tent.

# L.L.Bean, Inc., Outdoor Discovery Programs



## Equipment Provided/To Bring

### **What to Bring:**

- Weather-and activity-appropriate clothing (preferably synthetic)
- Rainwear
- Cycling shorts
- Fleece jacket – appropriate level of insulation for the activity
- Activity-appropriate closed-toed shoes
- Water bottle
- Sunglasses
- Hat
- Personal toiletries
- Personal prescriptions such as EpiPen or inhaler
- Pillow
- Towel
- Sleepwear
- Sunscreen
- Insect repellent

### **Optional:**

- Change of shoes for after activity
- Dry clothes for after activity
- Swimsuit
- Waterproof camera
- Lip balm
- Alcoholic beverages for the evening

### **What We Provide:**

- Use of all necessary equipment for the six activities
- Use of all necessary camping equipment: tents, sleeping bags, sleeping cots, etc.
- Headlamps
- First aid kit
- All meals and snacks
- Bathrooms and hot showers

## 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!