

# Maine Woods Adventure Trip

An extraordinary air, land and water adventure in Maine's North Woods wilderness



## Packing List & Tips

The detailed list below covers what you need to pack for your upcoming adventure trip, based on over 40 years of L.L.Bean's experience leading outdoor adventures. We look forward to exploring a variety of outdoor activities with you and sharing our love of the great outdoors.

### VACATIONLAND CASUAL

The dress code for Maine and our adventure trip is practical and casual. Our farewell dinner may be an opportunity to dress up, but that is up to you.

### LAYERS

Dressing in layers is the key to staying comfortable in the outdoors. Multiple layers allows flexibility to respond to your activity level and changing weather conditions. We can expect temperatures between 50°F and 70°F.

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 a top layer, we recommend waterproof/breathable rain gear. This gear will protect you from the wind and rain and help keep you dry.

### LUGGAGE

This trip is supported with a 14-passenger bus. We ask that you limit yourself to one medium-sized, soft-sided travel bag plus a small daypack, as space is limited.

### QUESTIONS

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

## GEAR PROVIDED BY L.L.BEAN

- All lake paddling gear (including PFD)
- All rafting gear (helmet, PFD, wetsuit, neoprene booties, and paddling jackets)
- Headlamps
- Trekking poles
- Group first-aid kit
- Sunscreen
- Insect repellent (with DEET)

## PLEASE BRING

- Rain jacket (hooded, lightweight, waterproof, breathable)
- Rain pants (lightweight, waterproof, breathable)
- Fleece jacket or wool sweater
- Long-sleeve shirt (synthetic, lightweight)
- Hiking pants (quick-dry, lightweight)
- Hiking shorts (quick-dry, lightweight)
- Hiking socks (synthetic or wool)
- Wicking base-layer shirts
- Light hiking shoes
- Closed-toe water shoes
- Casual clothing for free time
- Casual shoes for traveling and free-time wear
- Underwear
- Sunhat or baseball hat
- Spare eyeglasses/contact lenses
- Sunglasses with lanyard (polarized recommended)
- Lip balm with sunscreen
- One-quart water bottle or hydration system
- Personal prescriptions such as EpiPen or inhaler
- Personal toiletries (travel size)
- Personal electronics and chargers
- Lanyard or band to prevent eyeglasses from falling into the water during on-water activities
- Day pack (20 L-35 L)

### Optional

- Camera and accessories
- Binoculars
- Swimwear & towel
- Fleece/wool gloves
- Fleece/wool hat
- Trekking poles
- Ear plugs
- Headlamp