
L.L.Bean Outdoor Discovery Schools®

Discover a New Reason to Love the Outdoors

Thank you for registering for our **Stand Up Paddle Boarding Fitness Discovery Course** – 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

- | | |
|---|---|
| <input type="checkbox"/> Swimsuit and weather-appropriate clothing
(preferably synthetic*) | <input type="checkbox"/> Water shoes or shoes you don't mind getting wet-
closed-toe recommended |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> One-quart of water- no glass bottles |
| <input type="checkbox"/> Personal prescriptions such as EpiPen or inhaler | |

Optional

- | | |
|---|---|
| <input type="checkbox"/> Dry clothes for after activity | <input type="checkbox"/> Change of shoes for after activity |
| <input type="checkbox"/> Waterproof camera | <input type="checkbox"/> Towel |

What We Provide

- | | |
|--|--------------------|
| • Use of all necessary paddle boarding equipment:
board, paddles, PFD's, etc. | • Resistant bands |
| • Sunscreen | • Insect repellent |

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.