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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **Teen Adventure Week** – 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 [lbean.com](http://lbean.com).

#### What to Bring

Weather and activity-appropriate clothing

(preferably synthetic\*)

Rainwear

Extra change of clothes

Dry pair of shoes and socks

Small quick-dry towel

Personal prescriptions such as EpiPen or inhaler

Lunch and extra snacks

Swimsuit

Fleece jacket or wool sweater-appropriate level of insulation for the activity

Water shoes or shoes you don't mind getting wet - closed-toe recommended

Sunglasses

Sun hat or hat with visor

One quart of water (no glass bottles)

Backpack big enough to store all items on the checklist

#### Optional

Waterproof camera

#### What We Provide

- Sunscreen
- Insect repellent
- Use of all necessary outdoor equipment

**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.