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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 Paddling 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 [llbean.com](http://llbean.com).

#### What to Bring

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|--|--|
| <input type="checkbox"/> Backpack big enough to store all items on the checklist | <input type="checkbox"/> Lunch and extra snacks  |
| <input type="checkbox"/> Sunglasses with lanyard (polarized recommended)         | <input type="checkbox"/> Hat with visor  |
| <input type="checkbox"/> Non-breakable one quart water bottle                    | <input type="checkbox"/> Swimsuit and towel  |
| <input type="checkbox"/> Quick-dry scarf, towel or buff                          | <input type="checkbox"/> Water shoes or shoes you don't mind getting wet - must cover toes |
| <input type="checkbox"/> Extra pair of sneakers and socks                        | <input type="checkbox"/> Rain gear   |
| <input type="checkbox"/> Extra layer of warm synthetic clothing*                 | <input type="checkbox"/> Extra change of clothes in case they get wet                      |
| <input type="checkbox"/> Sleepwear   | <input type="checkbox"/> Casual clothing and shoes for overnight                           |
| <input type="checkbox"/> Sleeping bag  |  |

#### Optional

Waterproof camera

#### What We Provide

- Use of all necessary outdoor and camping equipment
- Food for overnight
- Sunscreen
- First-aid kit
- Water
- 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.

