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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **Private Cross-Country Skiing Lesson** – 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"/> Waterproof-shell jacket and pants                   | <input type="checkbox"/> Light or medium fleece jacket or wool sweater - appropriate level of insulation for moderate activity |
| <input type="checkbox"/> Long underwear tops and bottoms (synthetic or wool) | <input type="checkbox"/> Warm hat, gloves and glove liners (preferably waterproof)   |
| <input type="checkbox"/> Wool or synthetic socks*                            | <input type="checkbox"/> One-quart water bottle or hydration system  |
| <input type="checkbox"/> Personal prescriptions such as EpiPen or inhaler    |  |

#### Optional

- |   |  |
|---|--|
| <input type="checkbox"/> Neck gaiter or balaclava       | <input type="checkbox"/> Sunglasses with lanyard (polarized recommended) |
| <input type="checkbox"/> Waterproof camera              | <input type="checkbox"/> Extra change of clothes for after lesson        |
| <input type="checkbox"/> Skis, boots, gaiters and poles | <input type="checkbox"/> Lip balm with sunscreen                         |

#### What We Provide

- Use of all necessary skiing equipment: skis, boots, bindings, gaiters and poles
- First-aid kit
- Water
- Sunscreen

**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.