L.L.Bean Outdoor Discovery Schools®
Discover a New Reason to Love the Outdoors

Thank you for registering for our **Women's-Only Introduction to Stand-Up Paddleboarding 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

- ☐ Swimsuit and weather-appropriate clothing (preferably synthetic*)
- ☐ Sunglasses with lanyard (polarized recommended)
- ☐ Hat with visor
- ☐ Small water bottle or hydration system
- ☐ Personal prescriptions such as EpiPen or inhaler

Optional

- ☐ Waterproof camera
- ☐ Water shoes or closed-toed shoes you don't mind getting wet
- ☐ Stand-up paddleboard, SUP paddle and US Coast Guard-approved Type III PFD
- ☐ Extra change of clothes
- ☐ Towel
- ☐ Lip balm with sunscreen

What We Provide

- Use of all necessary paddling equipment: boards, paddles, PFD's, etc.
- Closed-toed water shoes
- First-aid kit
- Water
- Sunscreen
- Insect repellant

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.