

---

## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **One-Night Maine Bike and Kayak Trip** – 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

- |   |  |
|---|--|
| <input type="checkbox"/> Weather-and activity-appropriate clothing<br>(preferably synthetic*) | <input type="checkbox"/> Rainwear  |
| <input type="checkbox"/> Cycling shirt or synthetic shirt*                                    | <input type="checkbox"/> Cycling shorts*   |
| <input type="checkbox"/> Synthetic socks*   | <input type="checkbox"/> Fleece jacket or wool sweater – appropriate level of<br>insulation for the activity |
| <input type="checkbox"/> Activity-appropriate closed-toed shoes                               | <input type="checkbox"/> Personal prescriptions such as EpiPen or inhaler                                    |
| <input type="checkbox"/> One quart of water (no glass bottles)                                | <input type="checkbox"/> Personal toiletries (travel size)   |
| <input type="checkbox"/> Pillow   | <input type="checkbox"/> Towel   |
| <input type="checkbox"/> Sleepwear  |  |

#### Optional

- |  |  |
|--|--|
| <input type="checkbox"/> Change of shoes for after activity  | <input type="checkbox"/> Dry clothes for after activity  |
| <input type="checkbox"/> Sunglasses  | <input type="checkbox"/> Footwear to wear around camp  |
| <input type="checkbox"/> Hat   | <input type="checkbox"/> Waterproof camera   |
| <input type="checkbox"/> Towel   | <input type="checkbox"/> Bike helmet (no more than 5 years old)†   |
| <input type="checkbox"/> Bike (road, sport touring or hybrid bike; no<br>mountain or comfort bikes)† | <input type="checkbox"/> Tandem sea kayak with two bulkheads, spray<br>skirts, paddle and US Coast Guard-approved Type III<br>PFD† |
| <input type="checkbox"/> Alcoholic beverages for the evening   | <input type="checkbox"/> Lip balm  |

#### What We Provide

- Use of all necessary paddling equipment: boats, paddles, PFD's, etc.
- Use of all necessary biking equipment: hybrid bike, helmet, handlebar bike, youth bike for ages 10+, etc.

- Use of all necessary camping equipment: tents, cots, sleeping bags, headlamps, camp chairs, etc.
- Headlamps
- All meals and snacks
- Hot showers are available to use at the L.L.Bean Paddling Center once trip is over.
- 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.