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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **One-Night Maine Island Kayak Camping 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

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| <input type="checkbox"/> Weather- and activity-appropriate clothing<br>(preferably synthetic*)            | <input type="checkbox"/> Rainwear                                  |
| <input type="checkbox"/> Fleece jacket or wool sweater – appropriate level of 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 water bottle (no glass bottles) |
| <input type="checkbox"/> Personal toiletries (travel size)  | <input type="checkbox"/> Compact pillow                            |
| <input type="checkbox"/> Compact towel  | <input type="checkbox"/> Sleepwear                                 |

#### Optional

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|--|--|
| <input type="checkbox"/> Swimsuit                            | <input type="checkbox"/> Dry clothes for after activity  |
| <input type="checkbox"/> Footwear to wear around camp        | <input type="checkbox"/> Change of shoes for after activity  |
| <input type="checkbox"/> Sunglasses                          | <input type="checkbox"/> Hat   |
| <input type="checkbox"/> Waterproof camera                   | <input type="checkbox"/> Tandem sea kayak with two bulkheads, spray skirts, paddle and US Coast Guard-approved Type III PFD† |
| <input type="checkbox"/> Alcoholic beverages for the evening |  |

#### What We Provide

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| <ul style="list-style-type: none"><li>• Use of all necessary paddling equipment: boats, paddles, PFDs, etc.</li><li>• Dry bags</li><li>• Backcountry toilet system</li></ul> | <ul style="list-style-type: none"><li>• Use of all necessary backcountry camping equipment: tents, sleeping bags, sleeping pads, headlamps, etc.</li><li>• All meals and snacks</li><li>• Hot showers are available to use at the L.L.Bean</li></ul> |
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Paddling Center once the trip is over.

**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.