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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **Introduction to Stand Up Paddle Boarding 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](http://llbean.com).

#### What to Bring

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| <input type="checkbox"/> Weather- and activity-appropriate clothing<br>(preferably synthetic*) | <input type="checkbox"/> Water shoes or sheos you don't mind getting wet<br>(closed-toe recommended) |
| <input type="checkbox"/> Personal prescriptions such as EpiPen or inhaler                      | <input type="checkbox"/> One quart of water (no glass bottles)                                       |

#### Optional

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| <input type="checkbox"/> Swimsuit                           | <input type="checkbox"/> Dry clothes for after activity   |
| <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"/> Towel                              | <input type="checkbox"/> Stand up paddle board, SUP paddle and US Coast<br>Guard-approved Type III PFD† |

#### What We Provide

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| <ul style="list-style-type: none"><li>• Sunscreen</li><li>• Hot showers</li></ul> | <ul style="list-style-type: none"><li>• Insect repellent</li><li>• Use of all necessary paddling equipment: boards, paddles, PFDs, etc.</li></ul> |
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**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.