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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **Stand Up Paddle Boarding Discovery 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

Swimsuit and weather-appropriate clothing

(preferably synthetic\*)

Small water bottle or hydration system

Hat with visor

Personal prescriptions such as EpiPen or inhaler

#### Optional

Waterproof camera

Towel

Extra change of clothes

Lip balm with sunscreen

#### What We Provide

- Use of all necessary paddling equipment: boards, paddles, PFD's, etc.
- Water
- Insect repellent
- First-aid kit
- 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.