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## L.L.Bean Outdoor Discovery Schools®

### Discover a New Reason to Love the Outdoors

Thank you for registering for our **Maine Bike and Kayak Day Tour** – 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-appropriate paddling clothing (preferably synthetic*) | <input type="checkbox"/> Cycling shirt* or synthetic shirt               |
| <input type="checkbox"/> Cycling shorts*   | <input type="checkbox"/> Synthetic socks*                                |
| <input type="checkbox"/> Closed-toed shoes appropriate for biking                      | <input type="checkbox"/> Closed-toed water shoes                         |
| <input type="checkbox"/> Waterproof jacket and pants                                   | <input type="checkbox"/> Sunglasses with lanyard (polarized recommended) |
| <input type="checkbox"/> Hat with visor  | <input type="checkbox"/> One-quart water bottle or hydration system      |
| <input type="checkbox"/> Personal prescriptions such as EpiPen or inhaler              |  |

#### Optional

- |   |  |
|---|--|
| <input type="checkbox"/> Bike (road, sport touring or hybrid bike; no mountain or comfort bikes)                            | <input type="checkbox"/> Helmet (no more than 5 years old) |
| <input type="checkbox"/> Tandem sea kayak with two bulkheads, spray skirts, paddle and US Coast Guard-approved Type III PFD | <input type="checkbox"/> Waterproof camera                 |
| <input type="checkbox"/> Cycling gloves   | <input type="checkbox"/> Extra change of clothes           |
| <input type="checkbox"/> Extra pair of shoes  | <input type="checkbox"/> Towel                             |
| <input type="checkbox"/> Lip balm with sunscreen  |  |

#### What We Provide

- Use of all necessary paddling equipment: boats, paddles, PFD's, etc.
- Youth bikes for ages 10+
- Handlebar bag and water bottle
- Maps
- Cross bike with 27 gears
- Helmet
- Safety gear
- First-aid kit

- Tools and repair kit
- Water
- Lunch
- Insect repellent
- Dry bags
- Snacks
- 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.