
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.

What to Bring

Weather and activity-appropriate clothing

(preferably synthetic*)

Cycling shirt or synthetic shirt

Activity-appropriate closed-toe shoes

One quart of water (no glass bottles)

Rainwear

Cycling shorts

Personal prescriptions such as EpiPen or inhaler

Optional

Dry clothes for after activity

Sunglasses

Waterproof camera

Bike helmet (no more than 5 years old)†

Change of shoes for after activity

Hat

Towel

Bike (road, sport touring or hybrid bike; no mountain or comfort bikes)†

What We Provide

- Sunscreen
- All meals and snacks
- Use of all necessary paddling equipment: boats, paddles, PFDs, etc.
- Insect repellent
- Use of all necessary biking equipment: hybrid bike, helmet, handlebar bag, youth bike for ages 10+, etc.

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.

