
L.L.Bean Outdoor Discovery Schools®

Discover a New Reason to Love the Outdoors

Thank you for registering for our **Starlight Cross-Country Ski 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

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| ☐ Weather- and activity-appropriate clothing
(preferably synthetic*) | ☐ Waterproof jacket and pants |
| ☐ Fleece jacket or wool sweater - appropriate level of insulation for the activity | ☐ Long underwear tops and bottoms (synthetic or wool) |
| ☐ Warm hat, gloves or mittens | ☐ Wool or synthetic socks* |
| ☐ Personal prescriptions such as EpiPen or inhaler | ☐ One-quart of water (no glass bottles) |

Optional

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| ☐ Waterproof camera | ☐ Neck gaiter or balaclava |
| ☐ Classic cross-country skis (no metal edges, max 68 mm) with boots, gaiters and poles** | |

What We Provide

- Use of all necessary skiing equipment: skis, boots, gaiters and poles
- Snacks
- Headlamps

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.