

The numbers of each item are only suggestions; use your own discretion in deciding what and how many of an item to bring.

## Clothes

- cotton socks
- one pair thermal or wool socks
- undershirts or sunshirts
- jeans or other casual slacks
- Comfortable walking shoes (You will be doing a lot of walking, so make sure your shoes are comfortable.)
- Winter boots
- Winter coat, gloves, hat, scarf
- Additional winter wear
- Paperies / Bettsko
- Shower shoes/handals - these are essential if you are staying in the huts!

**Electrical Appliances**

- Hand sanitizer
- Paper napkins
- Paper plates
- Paper cups
- Paper towels
- Paper plates
- Paper cups
- Paper towels

**Medications**

- Pain relievers
- First aid kit
- Band-aids
- Antiseptic
- Antibiotics
- Antihistamines
- Antacids
- Diarrhea medicine
- Motion sickness medicine
- Sunburn relief
- First aid kit
- Band-aids
- Antiseptic
- Antibiotics
- Antihistamines
- Antacids
- Diarrhea medicine
- Motion sickness medicine
- Sunburn relief

**Personal Care Items**

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Deodorant
- Sunscreen
- First aid kit
- Band-aids
- Antiseptic
- Antibiotics
- Antihistamines
- Antacids
- Diarrhea medicine
- Motion sickness medicine
- Sunburn relief

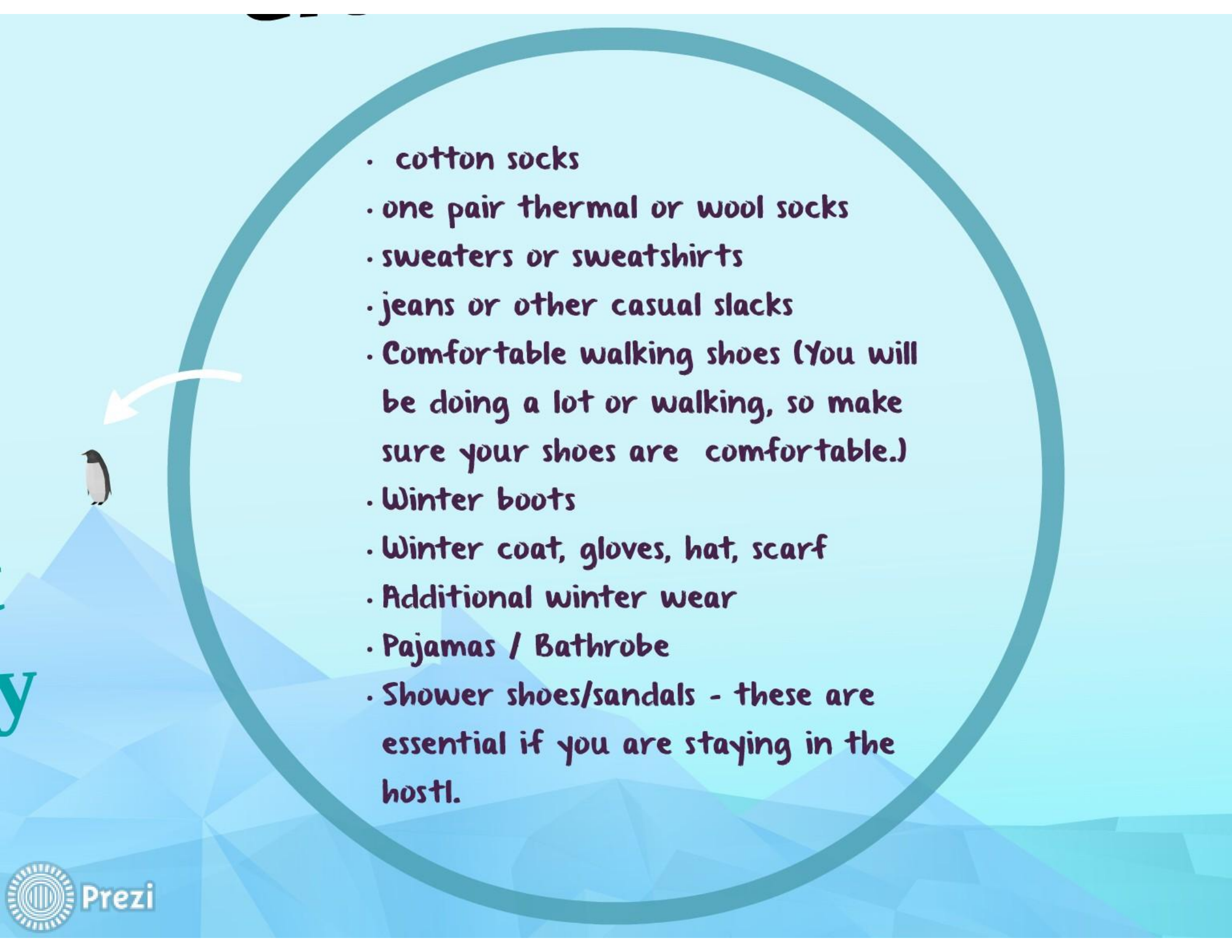
If you decide to visit something or go somewhere, you must inform us about it.

# Packing List

The numbers of each item are only suggestions; use your own discretion in deciding what and how many of an item to bring.

## *Clothes*

- cotton socks
- one pair thermal or wool socks
- sweaters or sweatshirts
- jeans or other casual slacks
- Comfortable walking shoes (You will be doing a lot of walking, so make sure your shoes are comfortable.)
- Winter boots
- Winter coat, gloves, hat, scarf
- Additional winter wear
- Pajamas / Bathrobe
- Shower shoes/sandals - these are essential if you are staying in the hostl.

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  - one pair thermal or wool socks
  - sweaters or sweatshirts
  - jeans or other casual slacks
  - Comfortable walking shoes (You will be doing a lot of walking, so make sure your shoes are comfortable.)
  - Winter boots
  - Winter coat, gloves, hat, scarf
  - Additional winter wear
  - Pajamas / Bathrobe
  - Shower shoes/sandals - these are essential if you are staying in the hostl.



# ***Electrical Appliances***



**(Adapter/voltage converter)**

- Adapter/voltage converter for appliances
- hair dryers
- Phone charger
- Camera and charger
- Music player or eReader(if you need it)
- laptop and charger
- Memory sticks/flash cards

# ***Personal Care Items***



- Toothbrush and toothpaste, floss
- Soap, deodorant, shampoo/conditioner
- Comb/brush
- A bath towel

# ***Medications***

## ***Other items***

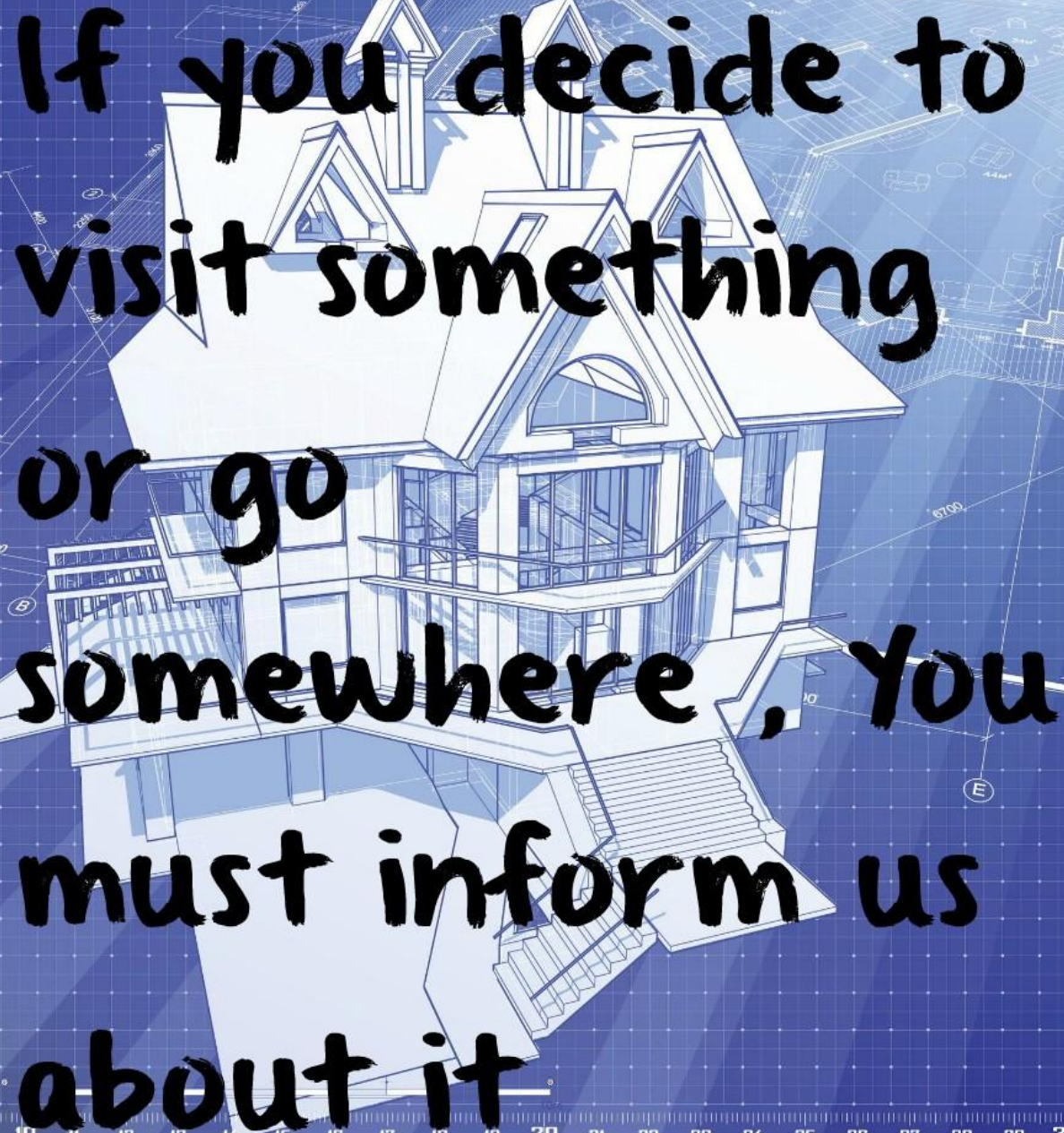
- Extra eyeglasses (especially if you wear contact lenses)
  - photocopies of the photo page of your passport
  - Notebooks, pens, pencils
  - Small Russian/English dictionary
- 

- Allergy medicine
- Eye drops
- Aspirin
- Band-aids
- Motion sickness medicine
- Medication for personal use (only what you need and you use in everyday life)

## ***Other items***

- Extra eyeglasses  
(especially if you wear  
contact lenses)
- photocopies of the photo  
page of your passport
- Notebooks, pens, pencils
- Small Russian/English  
dictionary



An architectural line drawing of a two-story house with a gabled roof, multiple windows, and a balcony. The drawing is overlaid on a blue grid background with numerical markings along the edges, resembling a technical drawing or blueprint. The text is written in a large, bold, black, hand-drawn font across the center of the image.

If you decide to  
visit something  
or go  
somewhere, you  
must inform us  
about it