

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
- Decongestants
- Cough syrup
- Diarrhea medicine
- Stomach medicine
- Motion sickness medicine
- Sunburn relief
- Insect repellent
- First aid kit
- Band-aids
- Antiseptic
- Antibiotics
- Antihistamines
- Decongestants
- Cough syrup
- Diarrhea medicine
- Stomach medicine
- Motion sickness medicine
- Sunburn relief
- Insect repellent

Personal Care Items

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Deodorant
- Sunscreen
- First aid kit
- Band-aids
- Antiseptic
- Antibiotics
- Antihistamines
- Decongestants
- Cough syrup
- Diarrhea medicine
- Stomach medicine
- Motion sickness medicine
- Sunburn relief
- Insect repellent

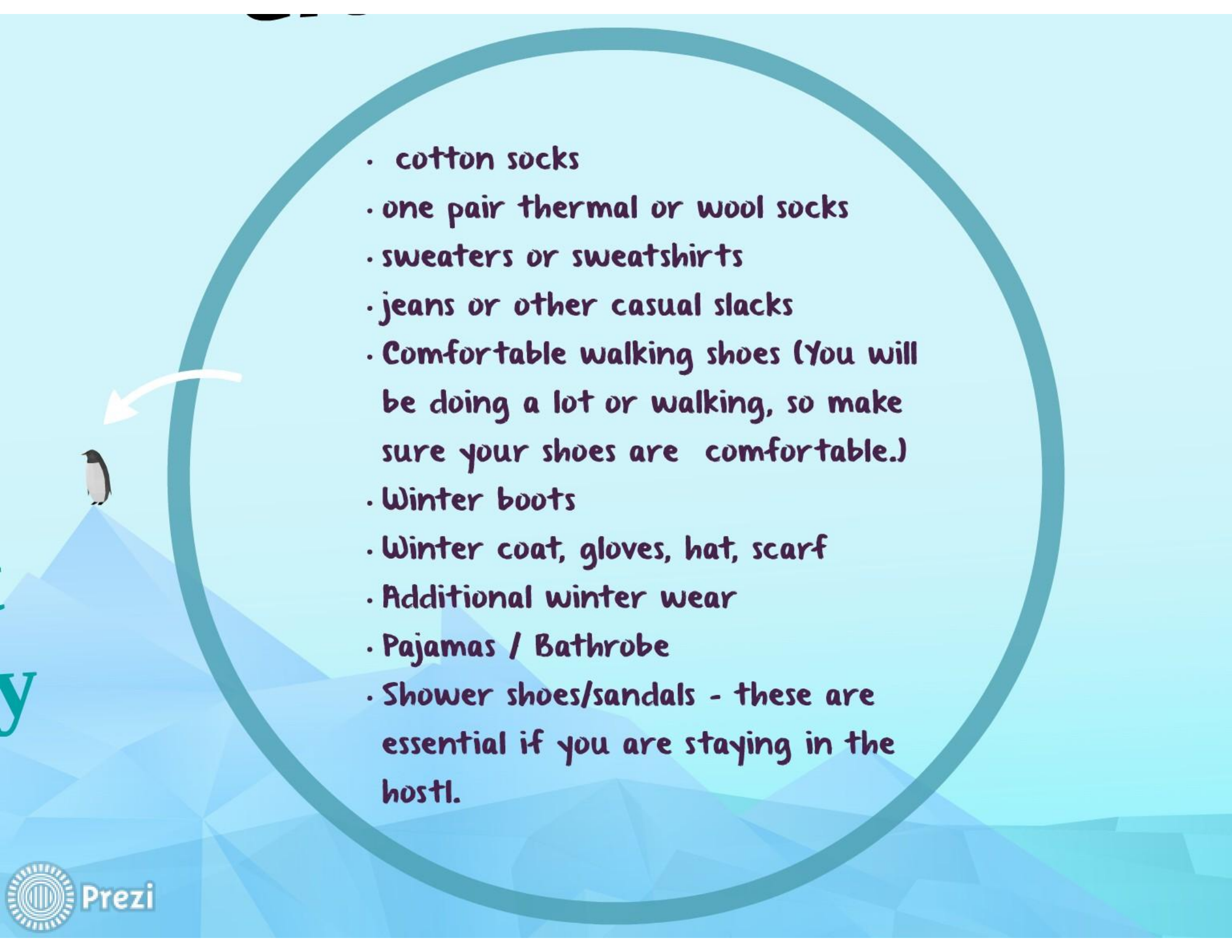
If you decide to visit something or go somewhere, you must inform us about it.

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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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

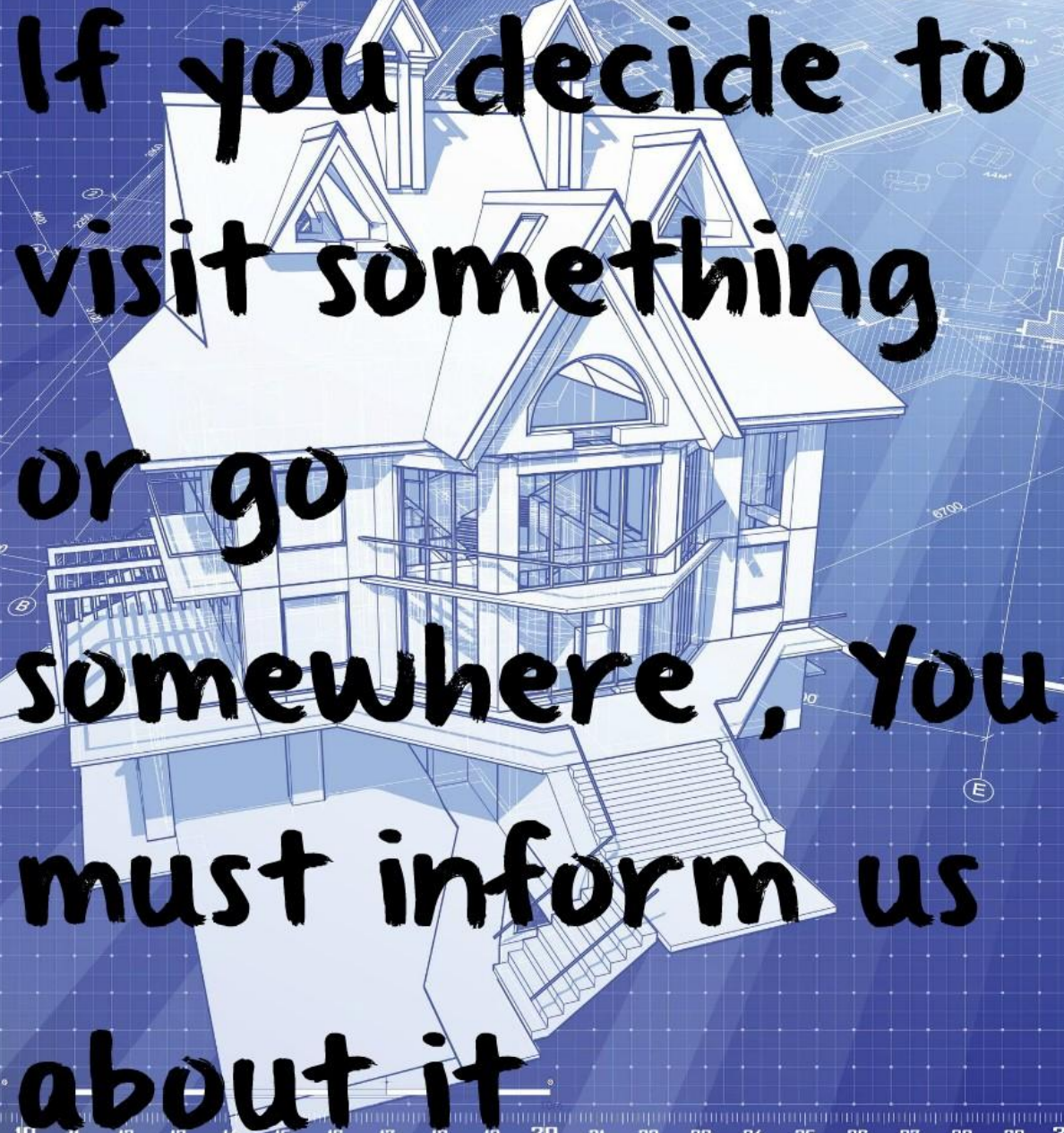
Other items

- 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 that includes a ruler with numbers from 9 to 31 along the top and bottom edges. The text is written in a large, bold, black, hand-drawn font across the center of the image.

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visit something
or go
somewhere, you
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