

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
- transfers 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
- Pajamas / Bathrobe
- Shower shoes/slippers - these are essential if you are staying in the hotel.

Electrical Appliances



- Laptop
- Charger
- Power strip
- Extension cord
- Adapter
- Flash drive
- Camera
- Battery
- Charger
- Power strip
- Extension cord
- Adapter
- Flash drive
- Camera
- Battery

Medications



- Painkillers
- For stress
- For sleep
- For allergies
- For cold/flu
- For heart
- For blood pressure
- For diabetes
- For thyroid
- For cholesterol
- For vision
- For hearing
- For dental
- For skin
- For hair
- For nails
- For teeth
- For mouth
- For throat
- For nose
- For ears
- For eyes
- For skin
- For hair
- For nails
- For teeth
- For mouth
- For throat
- For nose
- For ears
- For eyes

Personal Care Items



- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Conditioner
- Deodorant
- Lotion
- Cream
- Sunscreen
- Insect repellent
- First aid kit
- Band-aids
- Gauze
- Antiseptic
- Painkillers
- Bandages
- Sterile gloves
- First aid kit
- Band-aids
- Gauze
- Antiseptic
- Painkillers
- Bandages
- Sterile gloves


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

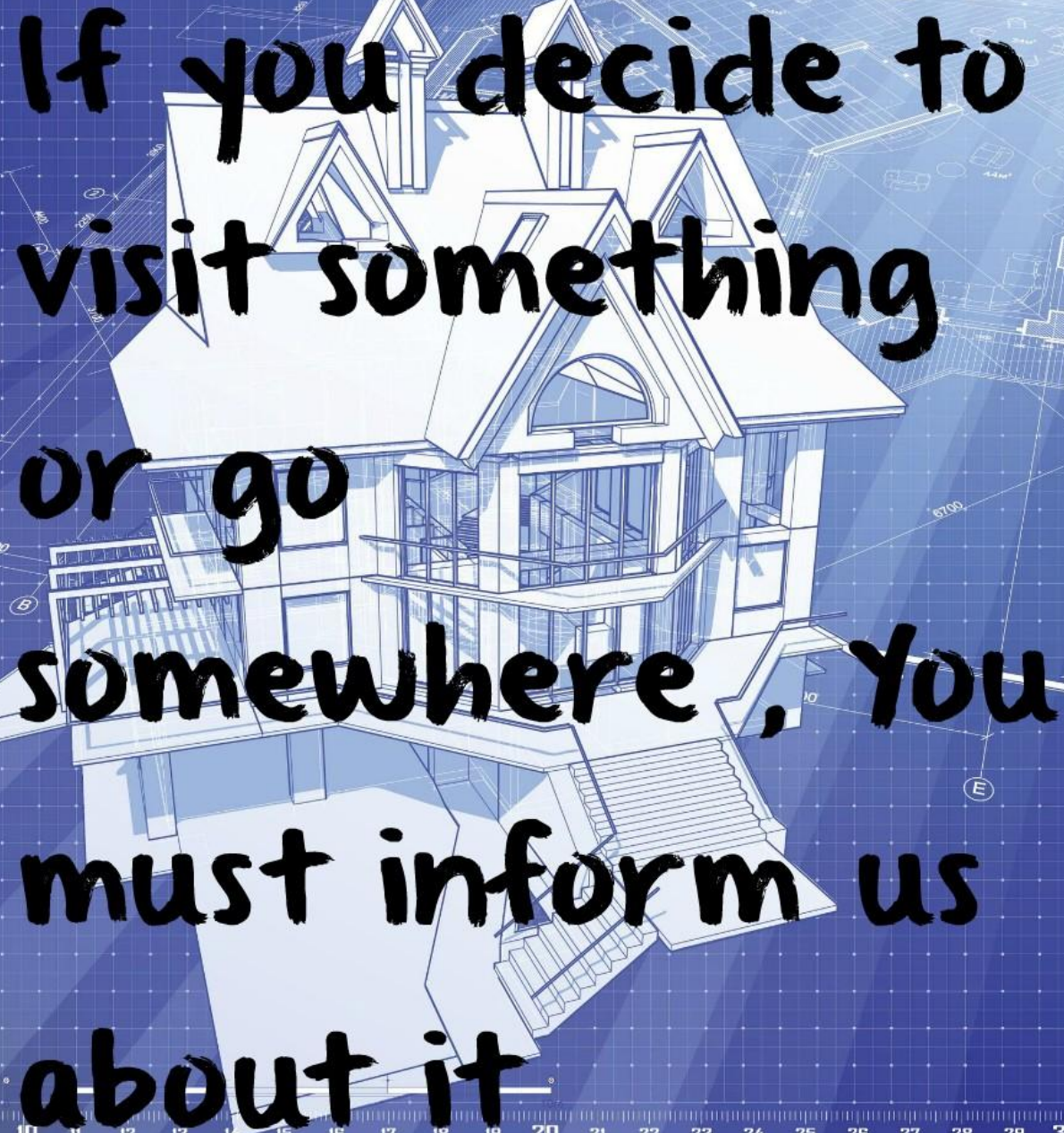
Other items

- 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

The background of the slide is a light blue gradient with a faint, large-scale geometric pattern. Overlaid on this is a detailed architectural drawing of a multi-story house, rendered in white lines. The house features a complex roof with multiple gables and dormers, a prominent front porch with a staircase, and several windows. The drawing is set against a dark blue grid background that resembles a technical blueprint. The grid has numerical markings along the top and bottom edges, ranging from 9 to 31. 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