



## General checklist: things you will need at WSBS

20-25 September 2019

### Travel Documents

- Passport with Russian visa
- Return airline ticket
- Medical Insurance
- Your brief medical history, indicating known allergies and specific medications

### Clothing for September

- 1<sup>st</sup> layer: thermal underwear – top and bottom
- 2<sup>nd</sup> layer (insulated): wool or polar fleece sweater
- 3<sup>rd</sup> layer (outer shell): water/wind proof jacket and pants
- T-shirts, Long sleeve shirts, thermal, wool or synthetic underwear, medium or heavy weight)
- Jeans, pants
- Sweatshirt, sweatpants
- Underwear, socks (heavy wool or synthetic blend)
- Comfortable shoes or hiking boots (water proof), rubber boots
- Rain jacket or slicker
- Gloves or mittens (ski type)
- Scarf or buff
- Warm hat – wool, pile or synthetic blend and/or balaclava
- Swimsuit and slippers for bathhouse

### Accessories

- Mug, spoon (optional)
- Personal toiletries/hygiene needs
- Large towel (for bathhouse and showers)
- Sunglasses (optional)
- Small knife or multipurpose tool (optional)
- Voltage converter & plug adaptor kit (220v, European)
- Pocket flashlight/torch
- Pencils, pens, lab and note books

### Personal First-Aid Kit

***Your prescription medications/drugs (bring a spare set if possible).***

- Aspirin
- Analgesics/painkillers of choice
- Anti-diarrhea medication of choice
- Antihistamine medication of choice
- Infection treatment of choice
- Activated charcoal
- Cold (running nose, cough, sore throat, fever) treatment of choice
- Antiseptic/antibacterial ointment

***If you have any chronic diseases or known allergies, please inform the WSBS staff/your accompanying upon travel.***



***WSBS provides its guests with rooms for 2, 4 or 6 persons. Bed linen (sheets, pillowcases, blankets, and small towels) is provided. Some accommodations have cold water supply.***

***WSBS has a wooden bathhouse with warm showers.***

***Average daytime temperature is about +10 °C. The rains are often. The sun sets around 6-7 p.m. in September.***

***More information you can find at: <http://en.wsbs-msu.ru/>***