



Suggested Items to Pack



Personal Items

- Toiletries articles (comb or brush, toothbrush, nail clippers, etc.)
- Cosmetics
- Medications (elastic bandages, Imodium, nausea medication, decongestant, Tylenol, aspirin, prescriptions, allergy medication, topical treatment, antihistamine etc. **KEEP ALL MEDS IN THEIR ORIGINAL CONTAINER**)
- Extras glasses or contact lenses, if you wear them
- Sunglasses
- Wash cloth (optional)
- Towel (should be furnished)
- Bath Soap
- Toilet paper (at least a roll a week – Russian TP is scratchy)
- Sunscreen/lotion

Clothing

- Clothing preferably cotton, lightweight for ease in washing and quick drying
- Rain jacket, wind breaker (water repellant) or poncho
- Long sleeved shirt
- Skirt/blouse
- T-shirts
- Polo Shirts
- Pants/slacks/Levi's
- Light weight sweater or poly-pro garment
- Shorts
- Jacket
- Undergarments
- Socks
- Bathing suit
- Tevas, flip-flops, or sandals
- Jogging or workout attire
- Running or comfortable walking shoes, lightweight hiking boots
- Dress shoes
- Hat with visor or brim
- Bandannas (optional)

Food and related minutiae

- Food samples characteristic of your locale
- Trail mix or nuts
- Ziploc bags—various sizes
- Water purification tablets

Survival accouterment

- Insect repellent
- Swiss army knife
- Mosquito netting
- Electrical plug adapter (for the Socket) and voltage converter (if you have brought a USA

electrical appliance)

Flashlight

Duct tape

Day Pack

Water bottle

Teaching/Writing materials

Pens and Pencils

Writing paper

Magic Markers

Masking tape

Ball Point pens and Pencils

Miscellaneous

Books/magazines for your personal reading

Guide books/maps of the region

Camera/Film

Extra Batteries for camera, flashlight, etc.

Money pouch

Hair Dryer, if needed

Sink Stopper

Woolite washing soap

Parachute cord to make clothes line and 15-20 clothes pines

3 to 5 plastic hangers for your clothes

Sewing kit

CD, I-Pod, and Tapes to play

Pictures of your area, workplace, your house, your family, of you (You get the picture)

Your state map, postcard for your region or state, things from your city or states elected government officials (freebies)

Gifts for the Russians (U.S. new pennies are nice!)

Your own idea