

General checklist: things you will need at WSBS

Travel Documents

- passport
- Russian visa (required for most countries).
- return airline/railroad ticket, if required
- signed Russian customs registration forms for easy reentry of foreign cameras and equipment.
- medical Insurance
- your brief medical history, indicating known allergies and specific medications.

Clothing for Summer season (June-August)

- 1st layer: thermal underwear - top and bottom (avoid cotton)
- 2nd layer (insulated): wool or polar fleece sweater
- 3rd layer (outer shell): water/wind proof jacket and pants
- underwear, regular everyday type
- socks: synthetic blend (avoid cotton)
- T-shirts
- long sleeve shirts
- jeans, pants
- shorts (optional)
- sweatshirt and sweatpants
- comfortable running shoes or hiking boots
- knee-high rubber boots (wellington boots)
- rain jacket or slicker
- sun hat or visor
- swimsuit and slippers for bathhouse

In September-May add:

- socks - heavy wool or synthetic blend
- gloves or mittens (ski type)
- thermal, wool, or synthetic underwear, medium or heavy weight
- warm hat - wool, pile or synthetic blend and/or balaclava

Accessories:

- mug, bowl, spoon
- personal toiletries/hygiene needs
- large towel (for bathhouse and showers)
- spare eyeglasses or contacts (if you use corrective lenses)
- sunscreen, lip balm
- insect repellent,
- sewing kit, safety pins
- small knife or multipurpose tool
- voltage converter & plug adaptor kit (220v, european)
- sleeping bag (optional)
- sunglasses (optional)
- pocket flashlight/torch (September-May)

- pencils, pens, lab and note books

Personal First-Aid Kit

- *your prescription medications/drugs (bring a spare set if possible). You must be able to present a doctor's prescription for any medication*
- aspirin
- epinephrine autoinjector
- 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
- multivitamins

- antiseptic/antibacterial ointment
- anti-itch/cortisone ointment
- anti-fungal cream

- gauze pads/roller gauze (sterile)
- elastic-wrap bandage
- adhesive bandages
- adhesive tape

- scissors, tweezers

If you have any chronic diseases or known allergies, please inform the WSBS doctor/your supervisor upon arrival.