

## General checklist – WSBS 2018

### Things that you **MUST** take to White Sea Station:

- Passport with Russian visa (if required) – please note that you will be asked to show your passport during the boarding on the train
- Money – rubles in cash.
- Warm clothes: wind proof jacket + fleece sweater – the temperature is not likely to be higher than 15°C
- Raincoat – usually the weather is good in September, but for this year forecast is very bad. Let us hope it to be false!
- Jeans or pants
- Hiking boots
- Head flashlight – it is already dark at nighttime (unlike June/July)
- Warm hat – for sea trips (it is very windy in the sea)
- **Slippers for laboratory building – VERY IMPORTANT** – you are not allowed to enter the lab building in boots and the common use slippers may be not clean
- **Rubber slippers for bathhouse (sauna) – VERY OBLIGATORY!!!**
- Mosquito repellent and fumigator – the quantity of mosquitoes depends on weather, but better to take it than suffer
- Plug adaptor – for countries of non-European standard (UK !!!) – we use European plug standard, 220V, 50 Hz
- Shampoo, soap and other things for personal hygiene
- Good mood, clear mind and strong liver!

### Things that we recommend to take:

- Medical insurance. There will be no doctor at the station (although we have some medicine). If something serious happens to you, we'll transport to the state hospital in Kandalaksha
- Your personal first-aid kit
- Warm socks
- Rubber boots – if you really want to go to very wet places. Otherwise take the rubber boots from the station stock
- Thermal underwear – this is completely up to you. We usually do not take it, but we are used to live in cold climate
- T-shirts – will be very useful in case of good weather
- Tracking sticks – if you plan to climb up the hills and cliffs which are everywhere around the station
- Swimsuit – it is very nice to swim for few minutes in cold sea after the sauna.
- Large towel(s). We'll give you one towel, but this is obviously not enough.
- Launder detergent. Washing machines are available!
- Sleeping bag – some people find our standard blankets not warm enough

- Spare eyeglasses/lenses. I crashed my only glasses twice at WSBS and believe me, this is a terrible situation!
- Gloves
- Flash cards
- Laptops – while one person is working at the rig, his companion may use this time for data analysis using own laptop.
- Mobile phone – it WILL work if you pay for roaming. Two weeks ago we have also established satisfactory internet connection, although it covers only the lab №14. Not enough speed to watch movies, but completely enough for work.
- Fishing equipment

**There is no need in:**

- Bowl, fork, spoon – everything is available in dining house
- Mug. Available in dining house. Moreover, all participants will get a flask with School symbolics from Organizing Committee, also you can buy a mug with Station symbolics in the library (lab building, 1<sup>st</sup> floor) and use it to drink at the campfire.
- Note book and pen. You'll get them!

**I remind you that there are no shops at the station!!! So, for example, if you are smoking, you should take cigarettes from Moscow! The train comes to Kandalaksha at 6:20 and all the shops are closed until 8 a.m.**