

Grade 6 Discovery Week Packing list for Suzdal

*All Passports, migration cards (if applicable), and medication are due by **Wednesday, 4 June** to Advisors.

Footwear

- 2 pairs of tennis shoes/ walking shoes (students will do light hiking)

Clothing

- 4-5 pairs socks
- 1 pair trousers/jeans
- 4 t-shirts
- 1 long sleeve t-shirt
- 2 pairs of shorts
- 5 pairs of underwear
- Sleepwear
- Head scarf for visiting churches (girls)

Outerwear

- 1 waterproof windbreaker/rain jacket and small umbrella
- 1 warm sweater/fleece/pullover
- 1 hat, cap, or bandana

Toiletries

- A large Ziploc or other type bag to hold personal toiletry items
- Non-aerosol deodorant
- 1 toothbrush with small tube of toothpaste
- 1 small hair brush/comb
- 1 lip balm
- Soap
- 1 small bottle of shampoo
- Waterless anti-bacterial hand cleanser or wet wipes
- Tissues

Other

- Passport along with migration card (if applicable) (to be in custody of teachers)
- Medications (to be in custody of teachers) – put in Ziploc bag labeled with student name and directions
- Small pack/bag for day trips
- 1 liter reusable water bottle
- Sunscreen
- Non-aerosol insect repellent
- Flashlight - small
- 2 grocery plastic bags for wet gear and dirty laundry
- Sunglasses
- Extra pair of glasses/contact lenses for eyeglass wearers
- Reading material (small book or magazines)
- Spending money 2000 rubles (Russian Rubles and in small bills only)
- 150 rubles for gifts for the guides
- Healthy snacks (e.g. trail mix, granola bars, in zip-lock plastic bags)
- Trip journal (will be distributed by your teacher)

Optional Items

- Camera & extra batteries
- Compact games, e.g. cards, dominoes
- Cell phone (teachers will have a phone for emergencies)

What NOT to Bring

- Anything that would be deemed inappropriate at school
- Laptops
- Large amounts of spending money
- Clothing or shoes not suitable for active outdoor living including heeled shoes, short shorts, or tank tops