

What to Pack for Russia

In Your Passport Holder (Worn under your clothing at all times)

- ___ Passport (**Required**)
- ___ Visa (**Required**)
- ___ Airline Tickets (**Required**)
- ___ Cash for your whole trip (**Bring “crisp” bills with no marks and not greater than \$100 bills**)
- ___ Written description of your luggage (**In case it gets delayed**)
- ___ Important Travel Numbers (**Phone, Insurance, Credit Card**)

In Your Wallet (Consider using a zippered coat pocket)

- ___ Health Insurance Card (**Required**)
- ___ Cash for one day
- ___ Credit Card (**Can't be used everywhere in Russia**)
- ___ International Phone Card (**These can be purchased in Russia**)
- ___ Photocopy of your Passport

In Your Waist Pack (**Ladies: Recommended instead of a purse for security purposes**)

- ___ Kleenex / Handi-wipes
- ___ Snacks for traveling time (**gum, rolled candy, breath mints, peanut butter crackers**)
- ___ Notepad / Pen
- ___ Anti-bacterial gel
- ___ Extra Gospel Bead Bracelets (**For those divine appointments!**)

In Your Carry On Luggage (**18 pounds maximum**)

- ___ Warm winter coat (**Waterproof**)
- ___ Hat/Scarf, warm gloves
- ___ Prescription medications (**In original containers with YOUR NAME on it**)
- ___ Over the counter medications (**Immodium AD, Kaopectate, Pepto-Bismol, Milk of Magnesia, Cold & Cough medications, Aspirin, Tylenol [or equivalents], Mole-Skin for blisters, and any Medications regularly used**)
- ___ Eyeglasses (**Spare pair**) / Contact Lenses and Solution
- ___ Complete change of clothes
- ___ Camera, extra film, extra batteries (**New x-ray of checked luggage destroys film**)
- ___ Photocopy of your Passport
- ___ Family Photo's to show (**careful not to show wealth or abundance**)
- ___ Vitamins
- ___ Travel Journal
- ___ Flashlight (**small**)
- ___ Book for reading on airline
- ___ Toothbrush and Toothpaste
- ___ Cosmetics and personal items
- ___ Hairbrush or comb
- ___ Ear plugs and eye mask
- ___ Small bottle of water (**Enough for a day. Save bottle for reuse**)

What to Pack for Russia

In Your Check-On Luggage (50 kg maximum per person per Russian customs regulations or 55 pounds each, for each of the two checked pieces of luggage. Total cannot exceed 110 pounds.)

- ___ Bible
- ___ Photocopy of your Passport, Visa, and tickets
- ___ Travel alarm (**With extra batteries**)
- ___ Electrical Converter (**With Great Britain, Russia, Asia, adaptor**)
- ___ Extension cord
- ___ Razors (**Do not carry this on carry on luggage**)
- ___ Nail files / clippers (**Do not carry this on carry on luggage**)
- ___ Pocket Knife (**Do not carry this on carry on luggage**)
- ___ Bath Towel (**Hotels usually supply this, but bring your own anyway ☺**)
- ___ Shampoo and conditioner
- ___ Hair Spray
- ___ Bath Soap (**Hotels usually supply this, but bring your own anyway ☺**)
- ___ Wash Cloth (**Hotels don't supply these**)
- ___ Deodorant
- ___ Toilet paper (**Hotels provide this too, but trust me, bring your own! ☺**)
- ___ Pajamas
- ___ Underwear
- ___ Socks
- ___ Comfortable walking shoes or winter boots
- ___ Clothing for church (**skirt/dress for women, jacket and tie or sweater for men**)
- ___ Clothing for daily mission work (**jeans and long sleeve shirts**)
- ___ Personal friendship gifts (**Nice pens, Christian tape, Texas memento, peanut butter**)
- ___ Snacks (**granola bars, trail mix, chocolate, beef jerky, peanut butter, crackers, instant drinks**)
- ___ Foods for special dietary requirements
- ___ Plastic knife, fork, and spoon for snacks
- ___ Mosquito repellent (**depending on season and where you will be staying**)
- ___ Feminine hygiene products
- ___ Personal Items (**Hand lotion, Chapstick, Q-Tips, Band Aids, Dental Floss**)
- ___ Paper Cups (**For brushing your teeth with bottled water**)
- ___ Hair dryer / Curling iron (**If needed**)
- ___ Travel Iron (**If needed**)
- ___ Small container of laundry soap (**If needed**)
- ___ Small pocket size sewing kit
- ___ Packing / Duct Tape
- ___ Flat sink drain stopper (**Hotels don't supply these**)
- ___ Zip Lock bags (**various sizes, often is a useful item to bring**)
- ___ Umbrella (**small, folding**)
- ___ Laundry Bag
