

# 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**)

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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
- \_\_\_ Small Family Photo Album

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