



Packing Checklist UI Moscow Component

Toiletries & Personal Items:

- Toothbrush
- Toothpaste
- Shampoo & conditioner
- Soap
- Deodorant
- Sunscreen
- 1 Towel
- Brush/comb
- Feminine products
- Hair dryer (optional)

Apparel:

IMPORTANT: Clothing cannot be revealing or contain lewd or inappropriate language or images

- One pair of long pants
- One pair of closed-toed shoes
- Casual, comfortable clothing for one week (there is free laundry on site)
- Comfortable shoes suitable for a LOT of walking
- One pair of rubber flip flops (for showering)
- Swimsuit/trunks
- At least one sweater, sweatshirt or light jacket (it is cold in Moscow at night)
- Rain jacket (it will likely rain at least once while you are in Moscow)
- Sunglasses
- Shoes that can get wet

Items for dorm room:

- Sleeping bag and/or blankets for twin-sized bed & Pillow

Electronics:

- Cell phone charger (if you have a cell phone)

Prescription Items:

- Glasses and/or contact lenses & solution, with prescription (just in case)
- Prescription medication with label
- Inhaler (if necessary)
- Over-the-counter medication (such as ibuprofen)