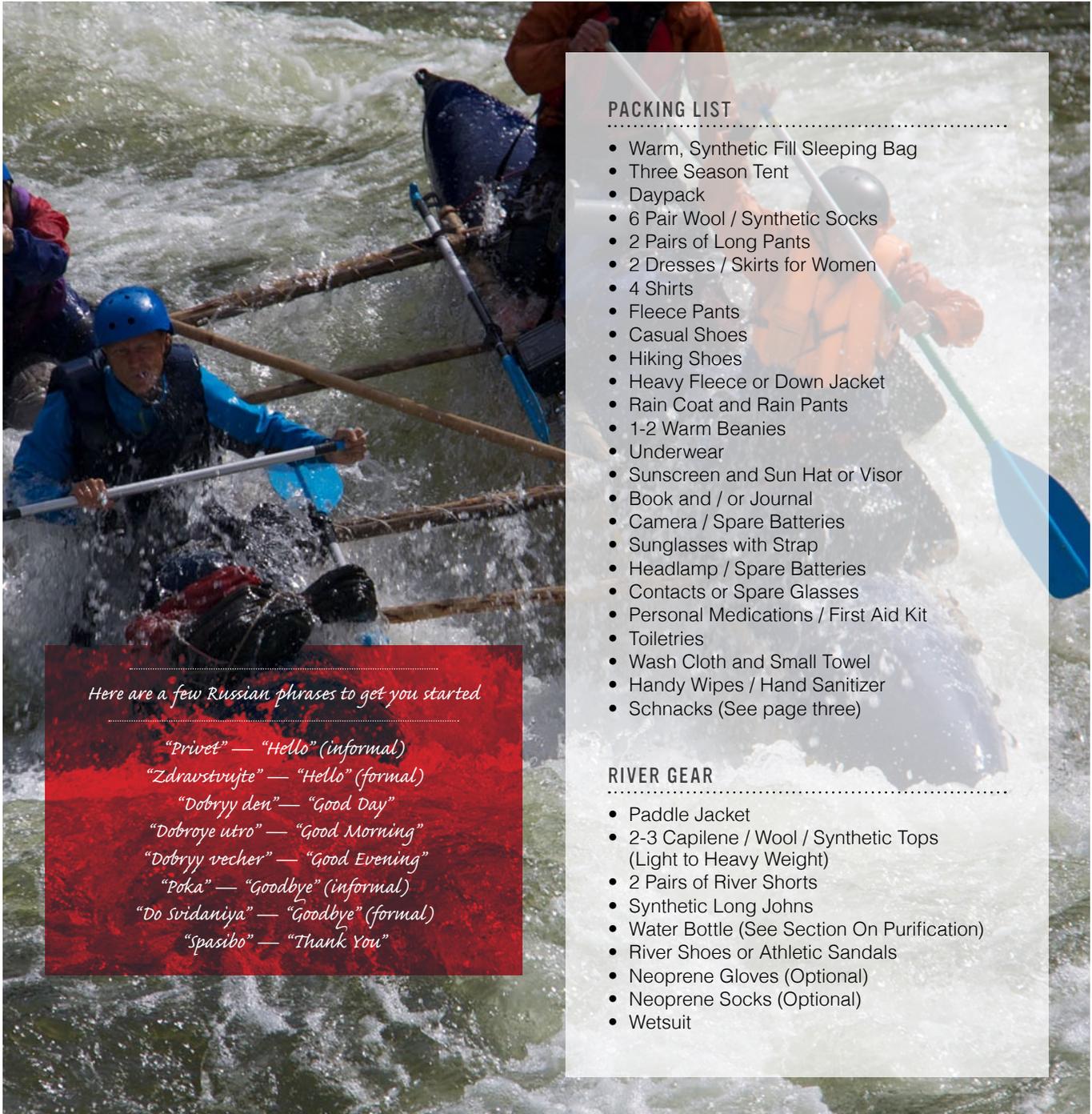




TRIP DETAILS | RUSSIA

WE'LL BE PADDLING THROUGH REMOTE ALPINE FORESTS. ALTHOUGH THE WEATHER IS TYPICALLY NICE IN JULY / AUGUST, CONDITIONS CAN CHANGE QUICKLY. OFF-RIVER, A WARM JACKET WILL KEEP YOU COMFORTABLE. IF YOU KNOW YOU RUN COLD, PACK APPROPRIATELY.



PACKING LIST

- Warm, Synthetic Fill Sleeping Bag
- Three Season Tent
- Daypack
- 6 Pair Wool / Synthetic Socks
- 2 Pairs of Long Pants
- 2 Dresses / Skirts for Women
- 4 Shirts
- Fleece Pants
- Casual Shoes
- Hiking Shoes
- Heavy Fleece or Down Jacket
- Rain Coat and Rain Pants
- 1-2 Warm Beanies
- Underwear
- Sunscreen and Sun Hat or Visor
- Book and / or Journal
- Camera / Spare Batteries
- Sunglasses with Strap
- Headlamp / Spare Batteries
- Contacts or Spare Glasses
- Personal Medications / First Aid Kit
- Toiletries
- Wash Cloth and Small Towel
- Handy Wipes / Hand Sanitizer
- Schnacks (See page three)

RIVER GEAR

- Paddle Jacket
- 2-3 Capilene / Wool / Synthetic Tops (Light to Heavy Weight)
- 2 Pairs of River Shorts
- Synthetic Long Johns
- Water Bottle (See Section On Purification)
- River Shoes or Athletic Sandals
- Neoprene Gloves (Optional)
- Neoprene Socks (Optional)
- Wetsuit

Here are a few Russian phrases to get you started

- "Privet" — "Hello" (informal)
- "Zdravstvujte" — "Hello" (formal)
- "Dobryy den" — "Good Day"
- "Dobroye utro" — "Good Morning"
- "Dobryy vecher" — "Good Evening"
- "Poka" — "Goodbye" (informal)
- "Do Svidaniya" — "Goodbye" (formal)
- "Spasibo" — "Thank You"



TRIP DETAILS | RUSSIA

TRIP CHECKLIST

- Complete your Trip Registration online, or fill out the paper form and mail or fax it to the NWRC office.
- You are required to purchase travel insurance that includes, among other things, an evacuation benefit. We recommend [Travel Insurance Select](#).
- Meet with your doctor and / or local travel clinic to receive vaccinations and advice for medications before the trip. Please plan ahead as some vaccinations may take several weeks.
- Make your flight and hotel reservations.
- Final payment is due 60 days before your trip.

GETTING TO RUSSIA

The easiest route to our meeting place in Russia is typically through Beijing, but you can also travel through Moscow or Vladivostok. You are required to have a passport and a visa issued by a Russian consulate to enter the country.

PERSONAL FIRST AID KIT

- Tums, Pepto Bismol, ibuprofen, motions sickness meds, personal prescriptions
- Band-Aids and antibiotic ointment
- If you have something you are particularly prone to: ear infections, foot rot, or sinus problems, bring what you need with you.
- The Center for Disease Control provides free information for travelers.
- Please advise your trip leader if you are taking any medications or have any health concerns.

WATER PURIFICATION

We will be drinking water from the main river and side streams that needs to be purified. There are several great personal water purifiers that you can bring to make sure you have plenty of safe drinking water.

- Filter - A backpacking style personal water filter removes disease causing microorganisms from water and may be paired with an extra attachment to kill viruses. (MSR, Katadyn, \$50-\$100)
- Chemical - Chlorine dioxide is the current preferred chemical treatment method to kill microorganisms and viruses in your water. This method is cheap, portable and comes in tablets or liquid. (AquaMira, Katadyn, Potable Aqua \$10-\$20)
- UV - Ultraviolet light is a great way to make water safe to drink, and new technology has made this option portable. SteriPen makes a model that runs on AA batteries (make sure you get lithium) and purifies a liter of water in 60 seconds. (\$70-\$120)

PADDLE JACKET

We provide basic paddling jackets, wetsuits, and helmets when they are required. A “paddling jacket” or “dry top” is a piece of river gear that we recommend you invest in for this and future trips and works well as a back-up rain jacket. Be sure you get one that (a) fits well, (b) is fashionable, and (c) keeps you warm on the river.



TRIP DETAILS | RUSSIA



WEATHER AND CLIMATE

Be prepared to encounter generally pleasant weather with occasional rain. On the river it will be cool in the mornings and evenings with days in the high 70s to low 80s. Rain is possible in the afternoons dropping temperatures into the 50s or 60s.

ACCOMMODATIONS

Most of the time we'll be camping along side the river. Tents, sleeping bags and pads can be provided, but we suggest you bring your own. While in the bigger cities we'll be staying in clean, comfortable hotels

FOOD

On the river, meals are cooked by campfire. For breakfast, you can expect things like oatmeal, Russian pancakes (yum!), omelets, sausages and bread. Lunch will be soups, smoked sausage and bread. Dinner will be grilled meats or chicken with vegetables, salads and cakes or muffins for dessert. We'll have plenty of coffee and tea and all of the water will be purified.

"Schnacks" — Sharing makes the trip a bit more social. We'll provide ample snacks, but it's always nice to bring something from home to share with the rest of the group during the trip. Feel free to share your favorite candy, trail mix, or bars with the rest of the group!

CURRENCY

You will be able to exchange money upon arrival at the airport or use the ATM. We suggest that you cash at least \$100 into rubles, which should be enough for drinks, lunches, gratuities and miscellaneous costs. It is best not to exchange too much, as it is difficult to convert rubles back to dollars when you leave Russia.

If you plan to visit Moscow as well, credit cards are widely accepted, but you may want to bring between \$500 - \$600 for shopping, drinks, miscellaneous items, and tips. You will find several opportunities for buying quality products (Russian furs, oriental rugs, etc.) and less expensive traditional gifts (nesting dolls, lacquer boxes, etc.) at stands and shops around the Red Square. Artists and craftspeople line the Arbat, Moscow's most famous pedestrian zone, a venue where good deals are easy to find.

PASSPORTS AND VISAS

You will need a passport that is valid for 6 months AFTER your intended date of departure from Russia AND a Russian Tourist Visa. We will send you the necessary documents to complete in order to obtain your visa in advance. You can submit the documents by mail or at a Russian consulate (DC, San Francisco, NY, Seattle, Houston) or use a visa service like [Travisa](#). Your visa will be attached to your passport (make sure there are 2 blank visa designated pages) and returned to you prior to the trip. On your trip, bring photocopies of the important pages of your passport, visa, and birth certificate and keep all of these items separate from your valuables.

HISTORY, GEOLOGY, ECONOMY

If one word could describe Siberia it wouldn't be cold, but rather, vast. Siberia includes the land east of the Ural Mountains to the watershed between the Pacific and Arctic drainages, south from the Arctic Ocean to the hills of north Kazakhstan and the borders with Mongolia and China. The Siberian Traps formed the region and was the largest known volcanic event of the last 500 million years. The massive eruptions continued for a million years and is believed to be responsible for killing 90% of species existing at the time. Vast amounts of lava caused a flood basalt event, which also played a roll in forming the Columbia River basin in the Pacific Northwest, where Vlad has led rafting trips for many years.

Siberia's economy is dependent on minerals, agriculture, fishing and timber harvest. Some of the world's largest deposits of gold, lead, coal, nickel, silver, palladium and zinc are found there, as well as resources like oil and natural gas. Although restricted by the short growing season, the southwestern part of the region has rich black earth that supports wheat, barley, rye and potatoes. Sheep and cattle are grazed there and reindeer are herded on the tundra as they have been for over 10,000 years. Timber is an important source of revenue although many forests in the east are logged unsustainably. Siberia produces over 10% of the world's annual fish catch as well, which you'll be sure to sample on your trip!

