

# Memo for the participants

## Spring international multi-disciplinary camp

### Losevo, march 2019

Participants will be accommodated in rooms for 4 people. There are showers and bathrooms on each floor.

We provide six meals a day: breakfast, lunch and dinner with three snacks in between.

During the camp there won't be an excursion day.

We recommend for you to bring following list of belongings:

- A few sets of everyday clothes, including warm clothes (jackets, sweater),
- Headwear,
- Sports clothes and shoes,
- Elegant clothes and shoes (for performances),
- Comfortable outdoor and indoor shoes (preferably several pairs),
- Sleeping clothes,
- Umbrella or raincoat, waterproof shoes;

Hygienic supplies:

- Toothbrush, toothpaste,
- Shampoo, shower gel etc.,
- Slippers (for shower),
- Any personal hygienic supplies you may require;

School supplies (depending on profile you've chosen):

- File folder,
- Notebook,
- Pencil-case (pen, pencil, ruler, eraser etc.).

It is **forbidden** to bring following items:

- ❖ carbonated drinks (except mineral water),
- ❖ products with a high content of spices (chips, crackers, pickles, fast food products),
- ❖ perishable products (dairy, meat, sausages, fish, poultry, salads, cream products (cakes, pastries), mushrooms, canned goods),
- ❖ alcoholic and tobacco-containing products,
- ❖ electronic cigarettes, explosive objects (firecrackers, Bengal lights, fireworks, etc.)

**ATTENTION!** In the case any of listed items are found, the organizers have the right to withdraw them, because it contradicts the rules for the safe presence of participants in the recreation center.