

SACRED EARTH NETWORK

Indigenous Wisdom in the Altai Mountains of Siberia

What to Bring

Note: Some of the suggestions are subject to change and we will inform you accordingly.

Siberia is a land of stunning contrasts and the weather can reflect that. However we should expect warm temperatures during the day, 80's and possibly 90's during most of our trip including Moscow and Barnaul. At night in the Altai Mountains temperatures may drop to the upper 30's, but that would be unusual (40's and 50's are more likely).

We suggest you bring clothing that can be layered for warmth and to allow removal of outer garments as days heat up. Pack lightly, so that the transport of personal luggage will be minimal (from home to flight to bus to lodgings, etc.). You may want to consider using a duffel bag, backpack, or a small rolling suitcase as your main luggage (as long as it does not exceed specs below) and a separate or detachable daypack that makes hiking easy. Clothes washing will be available to us once or twice during our visit though hair dryers and other such luxuries are NOT available. Pack everything to carry onto the plane to avoid the possibility of lost luggage. This is a wonderful practice of paring down into a simpler mode of existence. It is amazing how little, materially, we really need.

The items listed below can be packed into a daypack, fanny pack, and small duffel bag to be carried onto the plane; a tightly rolled, compact sleeping bag can be tied to outside of daypack. Try your best to bring carry-on luggage only (We've done it) BUT if security measures (liquids and gels) prevent you from doing so please keep your belongings as compact as possible. The other reason for this is that we will be traveling in microbuses and there is limited amount of room for luggage.

If you are coming from the USA, our journey to Siberia includes an overnight flight to Moscow, a 10 hour layover (Unfortunately, there are no earlier flights) then a 4+ hour flight to Barnaul Siberia. We will travel through 2 major time changes, and then have 11 full days immersed in the wilds of Siberia! There will be built-in rest and integration periods on arrival, journey, and return (and no arduous hikes), but also - no luxury hotels! (except the Hotel Vega in the Ismailovsky district which could be described as comfortable but not luxurious). Please prepare yourself accordingly.

Required:

- Current passport (valid at least six months after return)
- Current visa (refer to our time-sensitive Visa Instructions)
- Your return flight ticket
- A photocopy of these 3 documents, packed in a different bag from the originals.
- Important phone numbers and a medical evacuation card that that we will give you.
- Any medications or personal care items that you need regularly

- Compact three season sleeping bag
- Any (small) foods or energy snacks that you can't do without

Suggested:

- A copy of your travel insurance and/or medical insurance documents
- Earplugs, which are helpful for sleeping while traveling
- 2 pair warm, comfortable pants (jeans are fine) – wear a pair on the plane.
- 1 pair shorts.
- 4-5 tee-shirts, 1 long-sleeve shirt – can be worn on the plane.
- 1 warm fleece, heavy sweater or warm jacket – can be worn onto plane (but do not forget it if you store it during flight!).
- Warm hat (and gloves for non July trip)
- Rain/Sun Hat/Cap and lightweight rain coat or poncho
- Light hiking shoes for dry/wet weather – can be worn onto plane.
- Tevas or water-proof sandals
- 5 pairs socks and 10 underwear
- Bathing suit
- Small camera and case.
- Small Water Bottle: Most Russians tend to drink black tea or instant coffee. We will have a supply of bottled water available of which we will bring back the bottles for recycling. Bring along herbal teas if you do not want caffeine. There will be wild herbal tea available at times.
- Toiletries (including small bar soap w/ case, small bottle shampoo/conditioner, wash cloth, towel), feminine and first aid supplies, emergency toilet paper, sun protection and sunscreen.
- Flashlight (make sure it works beforehand)
- Women, one long skirt.
- One roll of toilet paper
- Tobacco or corn meal to make offerings for any stones or such you may take back.

Carry-on Information for Delta Airlines:

You can carry on **one bag plus one personal item** per passenger as long as it:

- Weighs less than 40 pounds (18 kg).
- Does not exceed 45 inches when you total length plus width plus height.
- Fits easily into our SizeWise® unit (approximately 22"x14"x9").
- Fits in an overhead bin or underneath the seat in front of you.

Here are some examples of personal items:

- Male or female purse
- Briefcase (a daypack usually qualifies. If not, the above carry-on will be checked-SEN).
- Laptop computer (**please do not bring laptops**).
- Camera case or diaper bag