

List of Documents and Things To Have Available in the Training Camps

1. Documents:

1.1. DOCUMENTS NECESSARY TO SETTLE INTO THE HEALTH RESORT

- Form 079/u Medical Certificate (valid for 6 months). The document should be accompanied with a certified copy of the vaccination card, which indicates data on vaccination.
- Only certificates of established sample issued by educational or medical institution (outpatient department, medical centre, medical unit, etc.) bearing the triangular, rectangular seal (with address of organization), and also the round seal of the pediatrician (if available) are accepted.
- **Attention!** Paragraph 7 of the certificate shall contain information on TB skin test done not more than one year prior to departure to the camp.
- Certificate of Epidemiological Environment (Certificate issued by Sanitary and Epidemiological Authority) certifying that no infectious diseases were registered within period of 21 days. The certificate must be issued not earlier than 3 days before departure to the camp.
- Certificate for swimming pool attendance (valid for 3 months)
- Certificate indicating the results of the analysis on identification of helminth eggs and enterobiosis and its copy (for children under 11 years). Pay attention: If the results of the analysis on helminth eggs and enterobiosis are indicated in the certificate for swimming pool, in this case, a separate certificate is not required.
- In case of chronic diseases, medical drugs must be accompanied by a certificate from the prescribing physician with the seal of the medical institution.
- Syphilis blood test (RMP) for children over the age of 14
- Copy of fluorography for children over the age of 15
- Health resort card form (required)
- Camp voucher.
- Original and copy of birth certificate for children under the age of 14, original and copy of passport (first page with photo and page with registration) for children over the age of 14.
- Copy of the Compulsory Health Insurance Policy.
- Copy of the Certificate of Insurance

1.2. DOCUMENTS REQUIRED FOR CHECK-IN TO THE CHILDREN'S HEALTH CAMP

- Form 079/u Medical Certificate (valid for 6 months). The document should be accompanied with a certified copy of the vaccination card, which indicates data on vaccination.
- Only certificates of established sample issued by educational or medical institution (outpatient department, medical centre, medical unit, etc.) bearing the triangular, rectangular seal (with address of organization), and also the round seal of the pediatrician (if available) are accepted.
- **Attention!** Paragraph 7 of the certificate shall contain information on TB skin test done not more than one year prior to departure to the camp.
- Certificate of Epidemiological Environment (Certificate issued by Sanitary and Epidemiological Authority) certifying that no infectious diseases were registered within period of 21 days. The certificate must be issued not earlier than 3 days before departure to the camp.
- Certificate for swimming pool attendance (valid for 3 months)

- Certificate indicating the results of the analysis on identification of helminth eggs and enterobiosis and its copy (for children under 11 years).
- **Attention!** If the results of the analysis on helminth eggs and enterobiosis are indicated in the certificate for swimming pool, in this case, a separate certificate is not required.
- In case of chronic diseases, medical drugs must be accompanied by a certificate from the prescribing physician with the seal of the medical institution.
- Syphilis blood test (RMP) for children over the age of 14
- Copy of fluorography for children over the age of 15
- Original and copy of birth certificate for children under the age of 14, original and copy of passport (first page with photo and page with registration) for children over the age of 14.
- Copy of the Compulsory Health Insurance Policy.
- Copy of the Certificate of Insurance

2. Clothes and shoes

2.1. CLOTHES

- Outerwear (sweater, jacket)
- T-shirts, shorts (several sets)
- Underwear (several sets)
- Socks (at least 5 pairs)
- White shirt
- Holiday clothes (for discos, holidays)
- Pants or jeans
- Cap
- Sports suit (2 sets)
- Bathing suit

2.2. SHOES

- Workout shoes (for sports, excursions, hiking)
- Beach shoes for swimming pool (rubber slides)
- Holiday shoes (for discos, holidays)

3. Hygiene items

- Toothbrush, toothpaste
- Soap, shower puff
- Comb
- Shampoo
- Beach/pool towel
- Sun protection cream, repellents

4. List of food products

- Still mineral water in bottles up to 0.5 L;
- Juices (fruit, vegetable, nectar) of industrial production in nonreusable packaging with the possibility of long-term storage at room temperature, 150-200 mL;
- Fresh washed fruits that do not need to be cut - apples, pears or bananas;
- Fresh washed vegetables that do not need slicing and peeling - medium-sized cucumbers and tomatoes;
- Hard cheeses portioned for sandwiches (vacuum-packaged), 25-50 grams;

- Small packages of nuts (except peanuts) and dried fruits, up to 25 grams;
- Bakery and confectionery products without cream:
 - small-sized bakery products in assortment made of wheat flour of the highest grade in industrial individual packaging, up to 150 grams;
 - bakery puff in stock in the industrial packaging individually packaged, up to 150 grams;
 - biscuits, dried biscuits in vacuum packaging of industrial production, 150-300 grams;
 - cookies, wafers in assortment in vacuum packing of industrial production for one-time use with a possibility of long storage at room temperature, 25-50-100 grams;
 - cupcakes in individual industrial packaging, 50-75 grams;
 - dairy cakes in individual industrial packaging, 50-100 grams and other products.
- milk in nonreusable packaging of industrial production with a long shelf life (more than 10 days) and possibility of storage at room temperature, 150-250 mL;
- tea, coffee or cocoa in bags;
- sugar or fructose in nonreusable sticks.