

## International Rescue

Hello my international friends and Finns joining us!

We will be having an eventful week and here I've gathered some things

You need to take with you for the course:

- your normal training gear (helmet (preferably with a visor or glasses), gloves, shoes/boots, overalls/jacket and pants)
- something fun to wear for our events (leis, hats etc.)
- for the Germans if you have something matching to wear
- swimsuit

And other things I don't want you to forget:

- sunscreen
- hat
- water bottle
- insect repellent
- your own medicines
- warm clothes!
- flashlight
- waterproof clothes

We can't wait to see you soon! Remember that the course language is English and that everyone needs to attend the course at all times unless instructed otherwise. If you have any questions, you can send them to [international@upl.fi](mailto:international@upl.fi)

See you at Padasjoki!

Vilma,  
International Rescue's course leader