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I will not write about such things as air, water, food, sleep, sunlight, which no man can do without. I will write about those things that I use constantly and *can not* imagine life without them. Of course, if you think carefully, you can do without them, but I would not want this.

1. **Phone.** Mobile phone is one of the best and most significant inventions of our time. I think that for many people today, it is not just an expensive toy, but a mean of necessity. It is very difficult for me to imagine my day without this device. If I suddenly forget the phone at home, I feel very uncomfortable. I always use it at work. On the phone I can talk with friends, with my family.

2. **Tennis racket.** I love sports and especially tennis. When the warm season comes, I go to the court three times a week and play tennis with my friends. Tennis allows your capacity to deal with stress to increase since it includes mental, physical, emotional and social challenges.

3. **Alpine skiing.** You don't need to be a doctor to know that a healthy body is linked to a healthy mind. Skiing works the core muscle groups of your body helps you to improve your balance, posture and increase body strength – it's the perfect way to exercise during the winter. When winter comes, my friends and I go uphill and enjoy skiing with great pleasure. I went to ski resorts in Sochi, to Sakhalin Island, to Japan, South Korea and China. Now I dream to go for a drive to Kamchatka, where there is always a lot of snow in winter.

4. **Fishing rod.** When the ice melts on our rivers, my friends and I go fishing. I really love these trips. And even if I can't catch a single fish, I always enjoy outdoor recreation. 5. **Camping tent.** Every year I go camping with my friends. Last year we were on Lake Baikal. The year before last, our group of tourists was on Sakhalin Island. You can't do without a tent on a camping trip. It allows us to sleep at night in good conditions, to shelter from the bad weather.