## ORLAN Prep for EVA-8 (End)

GMT	CREW	ACTIVITY
20:00-20:10		Morning inspection
20:10-20:40		Post-sleep
20:40-21:30		BREAKFAST
21:33-21:48		Daily planning conference (S-band)
21:48-22:15		Work prep
22:15-23:15		EVA timeline update. Tagup with ground specialist (S-band)
23:15-23:25	CDR	GLISSER-M video system battery charge
23:15-00:15	FE-1	Physical exercise (CEVIS)
23:25-00:40	CDR	Physical exercise (TVIS-3)
23:40-00:40	FE-2	Physical exercise (VELO+Load Trainer-1 / day 3)
00:15-01:45	FE-1	Physical exercise (RED)
00:40-01:00	CDR,FE-2	Checkout of ORLAN systems before suited exercise. Tagup with ORLAN specialist (S-band)
01:00-01:15	CDR,FE-2	ORLAN interface unit (БСС) checkout
01:15-02:15	CDR,FE-2	LUNCH
01:45-02:45	FE-1	LUNCH
02:15-02:25	CDR,FE-2	Comm setup for suited exercise
02:25-02:55	CDR,FE-2	Comm check and medical parameter monitoring
02:45-03:05	FE-1	On MCC GO: ISS repress with O2 from Progress СРПК system
02:55-03:25	CDR,FE-2	Donning EVA gear
03:25-03:40	CDR,FE-2	ORLAN donning, backpack closure
03:40-03:45	CDR,FE-2	ORLAN/GCC controls check
03:45-04:15	FE-1	SSRMS DOUG overview
03:45-03:50	CDR,FE-2	ORLAN/GCC preliminary leak check
03:50-04:05	CDR,FE-2	ORLAN fit check at P <sub>ORLAN</sub> =0.4
04:05-04:45	CDR,FE-2	Test of movement in ORLAN and evaluation of EV crew positioning in DC-1
04:15-04:25	FE-1	EMU battery discharge
04:45-05:00	CDR,FE-2	ORLAN doffing
05:00-07:00	CDR,FE-2	Post-exercise activities
06.50-07.00	FE-1	Payload status check
07:00-08:00	CDR	Physical exercise (VELO+Load Trainer-1 / day 3)
07:00-08:15	FE-2	Physical exercise (TVIS-3)
07:00-07:40	FE-1	СОЖ maintenance
07:40-08:15	FE-1	IMS file prep
08:05-08:15	CDR	GLISSER-M video system battery charge - A5(1) (term)
08:15-08:45	CDR,FE-1	DINNER
08:15-08:40	FE-2	DIMINELL
08:40-08:55	FE-2	Private family conference (S-band)
08:45-09:15	CDR,FE-1	Daily plan review

08:55-09:15	FE-2	Daily plan review
09:15-09:30		Daily planning conference (S-band)
09:30-09:45	CDR	Private family conference (S-band)
09:30-10:00	FE-1,FE-2	-Work prep
09:45-10:00	CDR	
10:00-10:30		Daily food prep
10:30-11:30		Pre-sleep
11:30-20:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram