

Centralised quarantine survival list

05.08.2020

Food

- Dry food e.g. crackers, crisps, biscuits, cereal bars, nuts, dried fruit
- Food that you can make with a kettle e.g. pot noodle, pot pasta, cous cous, custard powder, pot porridge, cup of soup
- Tea, coffee, hot chocolate, powdered milk
- Cutlery, plates, bowls, cups
- Cooking equipment (if you have space in your luggage!) e.g. kettle, hot plate, microwave, mini fridge
- Vitamins/medications

Clothing

- A few outfits per person appropriate to the season
- A jumper in case air con is cool
- Slippers/ flip flops
- Exercise clothes

Cleaning products

- Antibacterial wipes or spray
- Cleaning clothes
- Tea towels
- Washing up liquid and sponge
- Clothing detergent
- Toiletries

Entertainment

- Ipad
- Laptop
- Games e.g. cards, toys, puzzles, sudoku,
- Film downloads
- Cables to connect devices to TV
- Books

For kids...

- Nappies
- Baby wipes
- Lots of toys
- Ipad
- Books
- Sticker books/colouring in/arts and crafts
- Formula milk

Tips and advice

- Download games, films etc to devices in advance
- Take food items out of original packaging to allow for more space
- Sign up to online courses to use your time productively
- Get friends to deliver items if allowed

For more tips and advice on surviving quarantine visit- <https://tourismteacher.com/how-to-survive-centralised-quarantine/>



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