



THE COMPLETE CHECKLIST ON WHAT TO PACK FOR GOVERNMENT QUARANTINE

Each quarantine facility has their own rules of what they expect. This is list set up with Fo Tan guidelines

What do I pack for my stay in a government quarantine facility? A question I get asked a few times a day. The reality is so many people and families find themselves summoned to go the quarantine due to close contact with a Covid-19 positive individual.

I have compiled a list for you to help make packing easier. You generally have 24 hours to prepare before you will get picked up.

1. Once you got your call from DOH, self-isolate to protect your family and others.
2. If you and your family came into contact, self-quarantine in your home.
3. Unfortunately, if your family got classified as close contact you do not have a choice to quarantine at home. You will go into government quarantine.
4. When you are in your house in a safe place, it is OK to be emotional. This is a big deal and it is very scary!!
5. You will need to start packing to make sure you get all you might need for your 14 day stay in the center.

I wish I had a checklist to help me through my hours leading up to my stay in the quarantine. These are basic tips and you can customize it to suit your needs but at least this will guide you and help keep your overwhelmed mind at ease.

All meals are very local and by day four I could not keep up eating the same food. I lost weight. If you need anything from outside you can ask your friend/family to drop it at the quarantine gate and it will be delivered to your room. No cooked foods allowed.





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WHAT IS SUPPLIED BY FO TAN QUARANTINE?

1. Shampoo
2. Shower gel
3. Small toiletries bag (I preferred to have my own)
4. Small bowl
5. Cup noodles
6. Water
7. Daily face masks
8. Toilet paper
9. Kettle
10. Heater
11. Standing Fan
12. Broom/pan
13. Bed
14. Duvet
15. Sheets
16. Pillow
17. Slippers
18. 3 x Meals a day
19. Chinese newspaper
20. Garbage bag
21. Portable wardrobe with hangers
22. Rail to hang clothes through the window



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WHAT TO PACK FOR ADULTS?

Clothes (Comfy clothes) No need to pack huge amounts of clothes. Sometimes you will spend the whole day in your PJ's

Toiletries (Shower gel and shampoo is provided)

Take your own duvet and pillow case if you prefer

Exercise clothes/ shoes

Yoga mat

Towels x 2 or 3

Laundry detergent and softener for hand washing

Hand sanitizer

Laptop and Charger

Phone and charger

Tea, coffee, sugar/honey there is a kettle

Your favorite cup and utensils

Biscuits, snacks, crackers, oatcakes, rice cakes

Tin foods, tuna, sweetcorn, baked beans, corn beef, spam

Small container to make your snack in

Side plate (make sure it will not break)

Jam, Nutella or peanut butter

Fruits, you can also have this delivered

Nuts

Anything prepackaged is good

All your supplements if you take any

Any prescribed medication

I suggest do not take alcohol. I had a few cans of Diet Coke and it substitute for my Prosecco

Take printed family photos, I think that works better than ones you have on your phone. For my kids I had their hand and feet prints on my wall. Touching those made me feel connected when I missed them



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WHAT TO PACK FOR BABY OR INFANTS?

Babies clothes, towels x 3	Formula
Baby bathtub and shampoo/bath	Jar baby foods
Baby laundry stuff	Bottles
Highchair (assemble in the room) if they sit	Your own electric thermometer
Sterilizer	Toys, books, games
Nappies	iPad and charger
Wet wipes	

WHAT TO PACK FOR TODDLERS?

Clothes and towels x 3

Kids bath products

Laundry detergents for kids clothes

Nappies if still wearing

Highchair (assemble in the room)

Powder milk is a great option, there is a kettle to boil water.

Weetabix or porridge your child eats at home

Snacks, fish cheddar crackers, cheese puffs etc.

Coloring books and crayons/pencils

Own electric thermometer

Coloring books, toys, games and crayons/color pencils

If you are celebrating a birthday in there take balloons and tic tac to hang on the walls



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USEFUL NOTES

Above all take your positive attitude. Accept your situation but keep your control over how you want to feel while you are in isolation.

Bus usually do pickups at night. Prepare to wait at the quarantine gate in the bus until your bus is ready to get processed.

When the staff is ready for you, they will call you individually or by family to get off the bus to be informed of the facilities rules at the check in desk.

Your temperature will be taken.

Your ID card will get checked to verify your identity.

Your room # will be assigned.

You will receive your care package at the entrance.

You will walk alone to your room.

When you get into your room for the first time. Take it in, look around and make a promise to yourself to kind to yourself and those around you. This is a hard time. Your power comes from how you will react while you stay there.

Rest, recharge and reflect! It is a profound feeling to spend 14 days alone.

Those with children, work out a schedule for your family and keep yourself and kids busy. That way there is no time to feel sorry for yourself. Be positive as your kids will mimic your behavior.

If you have been and graduated, please write to me and tell me what worked for you. We can both make someone else's journey easier.

Yours in Love and Gratitude

Jacquiline x