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| --- | --- | --- | --- |
|  | **CLOTHES** |  | **TOILETRIES** |
|  | Summer wear |  | Sun cream |
|  | Winter wear |  | Moisturiser |
|  | Casual clothes + shoes |  | Hand sanitizer |
|  | A few smart outfits + shoes |  | Make-up |
|  | Shoes over size 6 |  | Deodorant |
|  | Jeans |  | Contraception |
|  | Swim suits/shorts/bikinis |  | Western branded products |
|  | Bras + underwear |  | Tampons/sanitary towels |
|  | Winter coat |  |  |
|  | Bag for school |  | **MEDICATION** |
|  |  |  | First aid kit |
|  | **ELECTRONICS** |  | Vitamins |
|  | Phone + charger |  | Paracetamol/Ibuprofen |
|  | Laptop + charger |  | Lemsip |
|  | Camera + charger |  | Mosquito spray + bite cream |
|  | Travel adaptors |  | Diarrhoea tablets |
|  | Memory stick |  | Rehydration powder |
|  |  |  | Any prescribed medication you need |
|  | **IMPORTANT DOCUMENTS** |  |  |
|  | Passport |  | **MISCELLANEOUS** |
|  | Visa |  | Photos of home + things to decorate room |
|  | Flight information + tickets |  | Phrasebook |
|  | Insurance + insurance documents |  | Notebook |
|  | Immunisation record |  | Pencil case |
|  | Passport photos |  | Hobbies |
|  | Passport photocopies |  |  |
|  | Travellers cheques/currency cards |  | **FOOD** |
|  | Currency to last first few weeks |  | Chocolate |
|  | School contact name + number |  | Biscuits |
|  | Address you are going to in Chinese |  | Sweets |