
P A C K I N G L I S T

Clothing

T-shirts
Formal Shirts
Shorts
Pants/Jeans
Dress
Swimwear, if nec
Exercise Gear, if nec
Pyjamas
Undergarments
Jacket/Cardigan
Socks
Shoes
Sandals/Slippers

Others

Books
Games
One Toy
Notepad &
Pen/Pencil
Sunglasses
Caps
Chargers, if nec

Vitamins (basic)

Vitamin C (immune
booster)
Magnesium (aching
muscles/sleep)
Borage Oil (eczema)

Toiletries

Soap
Shampoo
Cream
Lip Balm
Comb
Hair Ties / Clips
Toothbrush
Dental Floss
Toothpaste /
Toothpowder
Tongue Scraper
Nail Clipper
Retainers
Make-up, if needed

Medication

Pandol (Painkiller)
Meclosil (Gastric)
Piriton (Antihistamine
for Itchy skin/Running
Nose)
Zyrtec-D
(Antihistamine for itchy
skin/ congested nose)
Clarinase
(Antihistamine for
running nose)
Carbon Pills (stomach
issues)
Savlon - antiseptic
cream
Plaster
Eye Drops
Illiadin Nose Drops
(congested/running
nose)
