

QUARANTINE

SURVIVAL FOR SEAFARERS

#CHECK LIST

- Gym clothes and equipment
- Something to read (books or audiobooks)
- Download music, movies and series
- Download Google Translate (app)
- Install a good VPN (China, for instance, has restrictions on FB and other social media)
- HDMI cable to connect laptop to TV
- Travel adapter and extension cord (3-4 plugs)
- Granola/energy bar, instant noodles, dried fruit, nuts, tea/instant coffee, salt/pepper and sweets
- Small bowl with lid to heat noodles etc. (Dont expect a fridge in the room, only a tea kettle)
- Cutlery
- Pocket knife
- Vitamins