

Items to Consider Packing for your Isolation Stay And Things to Do to Pass the Time

Items to Consider Packing for your Isolation Stay

Medical Items

<ul style="list-style-type: none"> • Thermometer 	<ul style="list-style-type: none"> • Ibuprofen as you may have a few headaches while in isolation
<ul style="list-style-type: none"> • Your prescriptions, and other medications and/or medication supplies that you require 	<ul style="list-style-type: none"> • Masks, gloves
<ul style="list-style-type: none"> • Nicotine patch/gum (it applicable, as access to supervised outside walks is limited) 	<ul style="list-style-type: none"> • The tap water is fine at the hotel but if you prefer bottled water consider bringing a case.

Personal Items

<ul style="list-style-type: none"> • Your personal ID 	<ul style="list-style-type: none"> • Toiletries
<ul style="list-style-type: none"> • Clothes for up to 14 days 	<ul style="list-style-type: none"> • Cleaning wipes
<ul style="list-style-type: none"> • If you wish, bring non-perishable food items (snacks) 	<ul style="list-style-type: none"> • If you wish, bring a cozy blanket, your own pillow

Technology

<ul style="list-style-type: none"> • Cell phone, Laptop, Tablet, PlayStation, etc. • Chargers • Webcam to chat with family & friends 	<ul style="list-style-type: none"> • HDMI cable, to watch shows and movies on your laptop via the TV screen Extension cord/multi adapter
<ul style="list-style-type: none"> • Read an eBook Amazon's 100 books to read in a lifetime list 	<ul style="list-style-type: none"> • Play board games online with friends using facetime or a webcam

Fitness

<ul style="list-style-type: none"> • Yoga mat, small exercise equipment such as resistant bands 	<ul style="list-style-type: none"> • Skipping rope
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Things to Do to Pass the Time

Things to Do

<ul style="list-style-type: none"> Books, notepads, journals, colouring books for adults, pens, markers 	<ul style="list-style-type: none"> Make a bucket list. Jot down the places you want to explore, the trips you want to take and the food you want to sample
<ul style="list-style-type: none"> Puzzles, crosswords, Sudoku, crafts, hobby items, Lego 	<ul style="list-style-type: none"> Start a gratitude journal
<ul style="list-style-type: none"> Write letters to catch up with family and friends 	<ul style="list-style-type: none">

Check out various apps and links

<ul style="list-style-type: none"> Top free apps from the Microsoft store https://www.microsoft.com/en-ca/store/top-free/apps/pc 	<ul style="list-style-type: none"> Learn a language Top 5 free online language learning apps https://blog.ssth.ch/top-5-free-language-learning-apps
<ul style="list-style-type: none"> Listen to podcasts 	<ul style="list-style-type: none"> Watch animals online live animals in their natural habitat.
<ul style="list-style-type: none"> Watch the waves at a beach. The Del's live beach cams from Hotel del Coronado. Tune in here 	<ul style="list-style-type: none"> Watch highlights of animals on Parks Canada webcams https://www.pc.gc.ca/en/nature/science/control-monitoring/cameras
<ul style="list-style-type: none"> Take a trip... to a virtual museum or national park 10 virtual tours: see museums and the world without leaving home 	<ul style="list-style-type: none"> Learn how to draw – free drawing courses https://www.udemy.com/topic/drawing/free/
<ul style="list-style-type: none"> Research something you've always wanted to (astrology, quantum physics, plant-based diets, how to start a business, literally anything) 	<ul style="list-style-type: none"> Learn a new dance sequence online https://dance.lovetoknow.com/Free_Dance_Lessons_Online
<ul style="list-style-type: none"> Inspire yourself with Ted-Talk videos https://www.ted.com/talks 	<ul style="list-style-type: none"> Qigong meditation – Monday afternoons http://www.jackrisk.ca/ password: QandM20