



Conquest For Life

Improving the quality of life

Necessities for patient

➤ Clothing:

- 3-4 pairs of pants
- 1-2 pairs of shorts
- t-shirts
- long sleeved shirts
- button down shirts
- pairs of socks
- pairs of underwear
- 1 warm jacket
- 1 pair of track shoes (Takkies) ***A MUST HAVE***
- 1 pair of sandals
- 1-2 track suits
- 1 warm hat
- 1 pair of warm gloves
- 1 cap
- 1 set of nice clothes for Sunday Service

Miscellaneous Items:

- Extra Blanket
- Telkom phone card
- Spending money for Camp Tuck Shop
- Reading Book

- Tapes for the Hi-Fi
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- Certificate of (Covid 19)
- Cigarettes
- Clothes for the whole week
- Bath and powder soap
- Snacks
- Sneakers
- Sleep wear (Morning Sleepers)
- Roll on , toothpaste and toothbrush , lotion , face clothes ,
- Mask and sanitizer

Toiletries:

- Face soap
- Face cloth
- Shampoo
- Towel
- Toothbrush
- Toothpaste
- Comb & brush
- Roll On Spray
- Sun Tan Lotion
- Mosquito Ointment
- Shower Caps (optional)

Things NOT to bring:

- Expensive jewelry
- Expensive clothes
- Lots of Cash