

Coming Home to Australia – QUARANTINE ESSENTIALS

For expats, by expats

[Aussie Expats Coming Home Group](#)



Quarantine in Australia – the only constant is that it is constantly changing!

Keeping up with rules is always a challenge. To make matters more complex, each state also has its own extra rules and limits, so remember to check State rules at your destination.

This will never be the full and complete list for everyone, but it is a comprehensive guide that has been compiled from many, many discussions in Aussie Expats Coming Home.

Check out our [Quarantine Playlist](#) by Aussie Expats Coming Home on Spotify. It's being added to all the time. For expats, by expats.

Good luck & come home soon xx

L J Ferrara

FOUNDER

Aussie Expats Coming Home

KITCHEN ESSENTIALS

<input type="checkbox"/> Chopping knife X 2 <i>Hotels will not provide knives or sharp utensils.</i>	<input type="checkbox"/> Metal knives, forks, spoons <i>Hotels may only provide plastic.</i>	<input type="checkbox"/> Peeler <input type="checkbox"/> Small chopping board
<input type="checkbox"/> Bottle Opener <input type="checkbox"/> Can opener	<input type="checkbox"/> Insulated mugs OR <input type="checkbox"/> Keep Cup	<input type="checkbox"/> Drink bottles
<input type="checkbox"/> Tea bags	<input type="checkbox"/> Coffee plunger / Cafetière	<input type="checkbox"/> Coffee
<input type="checkbox"/> Zip lock bags OR <input type="checkbox"/> Cling wrap	<input type="checkbox"/> Bottle Opener / Can opener	<input type="checkbox"/> Salt & Pepper
<input type="checkbox"/> Snack Food <input type="checkbox"/> Protein Shake powders <input type="checkbox"/> Two minute noodles <i>You will need this before your online grocery delivery. Include any favourites. Declare at immigration.</i>	<input type="checkbox"/> Dishwashing liquid <input type="checkbox"/> Sponge <input type="checkbox"/> Washcloth <input type="checkbox"/> Tea towels <input type="checkbox"/> Rubbish bags <input type="checkbox"/> Clothes washing detergent <i>Some hotels will provide</i>	<input type="checkbox"/> Anti-bacterial wipes <input type="checkbox"/> Anti-bacterial spray <i>Recommend wiping surfaces on arrival, including kettle, power points, lamps, surfaces etc. Also wipe trays for meal deliveries.</i>



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Whether you are entering quarantine alone or as a family, you will all need some self-care. The air in the hotels can be dehydrating so below is a very basic list. Take more, take less but take some of these essentials.

SELF CARE

<ul style="list-style-type: none"> <input type="checkbox"/> Nail Clippers <input type="checkbox"/> Tweezers <input type="checkbox"/> Small scissors <p><i>Pack all in checked luggage</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Face masks <input type="checkbox"/> Face treatments <input type="checkbox"/> Serums <input type="checkbox"/> Body Lotions <input type="checkbox"/> Lip balm <input type="checkbox"/> Face mist <input type="checkbox"/> Essential oil roll on <p><i>Air conditioning is very drying so expect to use these often.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bubble baths <input type="checkbox"/> Bath Oils <input type="checkbox"/> Bath Bombs <input type="checkbox"/> Epsom salts (aids in sleeping)
<ul style="list-style-type: none"> <input type="checkbox"/> Pre OR <input type="checkbox"/> Post Poo Drops <p><i>No need to say more...</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Oil diffuser & essential oils OR <input type="checkbox"/> Mini Humidifier <input type="checkbox"/> Lovey room spray <p><i>Essential oil diffuser will also add humidity to room.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Melatonin <input type="checkbox"/> Magnesium <input type="checkbox"/> Voltaren <input type="checkbox"/> Any medication you need <p><i>Melatonin is prescription only in Australia so bring with you. Voltaren is handy for headaches or neck pain & stiffness.</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Pillow <input type="checkbox"/> Pillowcase <p><i>If you prefer your own. Vacuum pack in luggage</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pashmina OR <input type="checkbox"/> Scarf OR <input type="checkbox"/> Wrap <p><i>In case of cool air conditioning.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Light warm blanket <p><i>Light cashmere or woollen blend is ideal. Can add to bed for warmth or just for sitting on couch.</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Lounge wear 	<ul style="list-style-type: none"> <input type="checkbox"/> Microfibre cloth OR <input type="checkbox"/> Lens wipes <p><i>For reading glass wearers</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Resistance Bands <input type="checkbox"/> Skipping rope <input type="checkbox"/> Yoga Mat
<ul style="list-style-type: none"> <input type="checkbox"/> Travel clothes line with pegs 	<ul style="list-style-type: none"> <input type="checkbox"/> Kindle OR <input type="checkbox"/> Kindle App OR <input type="checkbox"/> Audible App <input type="checkbox"/> Books 	<ul style="list-style-type: none"> <input type="checkbox"/> Notebooks <input type="checkbox"/> Pens



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Below are basic essentials, most of which is standard for regular flyers, especially if you have been caught out before. Your particular circumstances will decide if keyboards, game devices, laptops are in your luggage, but the list below will keep you powered up and connected.

ELECTRICAL

<input type="checkbox"/> Powerboards OR <input type="checkbox"/> Double adapters OR <input type="checkbox"/> Multiple USB plugs <input type="checkbox"/> Any spare batteries needed. <i>You can never have too many.</i>	<input type="checkbox"/> Apple TV OR <input type="checkbox"/> Amazon Firestick <i>Some hotels you will need to call the concierge and give them your MAC address so they authorise with hotel WIFI.</i>	<input type="checkbox"/> Country of Origin to Australia adapters <input type="checkbox"/> Extension lead <i>Allow one adapter per powerboard / double adapter.</i>
<input type="checkbox"/> Two metre USB charging cords	<input type="checkbox"/> HDMI cables	<input type="checkbox"/> Bluetooth speaker <input type="checkbox"/> Noise cancelling headphones

KIDS

<input type="checkbox"/> Knitting <input type="checkbox"/> Crochet <input type="checkbox"/> Pom Pom making <input type="checkbox"/> Cross stitch/embroidery	<input type="checkbox"/> Craft Project Websites	<input type="checkbox"/> Colouring books <input type="checkbox"/> Colouring Pencils <input type="checkbox"/> Scissors <input type="checkbox"/> Sticky Tape
<input type="checkbox"/> Notebooks <input type="checkbox"/> Blank paper <input type="checkbox"/> Post It Notes	<input type="checkbox"/> Inflatable or foam ball <input type="checkbox"/> Soft toys	<input type="checkbox"/> Toy cars <input type="checkbox"/> Masking or electrical tape <i>To make a racing track</i>
<input type="checkbox"/> Twister <input type="checkbox"/> Playing Cards <input type="checkbox"/> UNO <input type="checkbox"/> Board Games <input type="checkbox"/> Balloons <input type="checkbox"/> Origami book or website	<input type="checkbox"/> Night lights <input type="checkbox"/> Sensor lights <input type="checkbox"/> Fairy lights, able to flash is ideal for silent disco or dance parties. <i>Can all be used for night lights.</i>	<input type="checkbox"/> Mini screwdriver set <i>For changing batteries in child proof battery compartments</i>
<input type="checkbox"/> Spare sheet OR <input type="checkbox"/> Picnic blanket <i>For sitting, lying, playing on the floor.</i>	<input type="checkbox"/> Whiteboard markers <i>You can use windows or mirrors to write on.</i>	<input type="checkbox"/> Apps for mindfulness or meditation
<input type="checkbox"/> Special toys / blankies <input type="checkbox"/> Own Pillow	<input type="checkbox"/> Books <input type="checkbox"/> Schoolwork	<input type="checkbox"/> Spotify playlists – create & listen



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These really are the extra tips, that can make all the difference!

Been There, Done That Tips

<input type="checkbox"/> Australian Sim Card	<i>You can grab a free one from the airport before immigration. Look for the spinner stand. It will not be staffed. You need this before getting on the bus to hotel. You will add value to it, but it will give you time to order one for delivery.</i>
<input type="checkbox"/> Binoculars	<i>If you have a view- use it. Kids will love playing 'I spy'</i>
<input type="checkbox"/> Dust Buster	<i>Ask the hotel if they will provide you with a vacuum during your stay, as you will need it and want it. If not, order a cheap dust buster or handstick vacuum for delivery.</i>
<input type="checkbox"/> Fitness Apps	<i>Highly recommend Les Mills On Demand app for whole family. Can pay for just one month. Use on all devices including Apple TV and Amazon Firestick</i>
<input type="checkbox"/> Streaming Apps	<i>Sign up to a 14- day free trials of Binge, Prime, Amazon etc if not already a member. Don't forget all the free to air Australian channels too.</i>
<input type="checkbox"/> Reading Apps	<i>Audible Plus has a large range of free books. Can be used on many devices.</i>
<input type="checkbox"/> Sports equipment	<i>You can hire stationary bikes, treadmills, cross trainers Ask your hotel or ask Aussie Expats Coming Home for city specific recommendations.</i>
<input type="checkbox"/> Your Room	<i>Go ahead and re-arrange it to suit your needs.</i>
<input type="checkbox"/> Alcohol	<i>Rules vary by State. Ask Aussie Expats Coming Home before flying. Generally, you are allowed one bottle of wine, six cans of beer or 200ml of spirits per day in quarantine. You can bring alcohol in your checked luggage as part of your duty allowance. Some states do not allow alcohol deliveries to Quarantine hotels at all.</i>



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Been There, Done That Tips

Continued...

<input type="checkbox"/> Care Packages	<p><i>In most States, these can be delivered to your hotel for you, from your family or friends. Tell them to write largely and clearly your name, floor and room number to ensure it gets delivered to you. If it goes to the wrong room, you won't get it back!</i></p> <p><i>Police will search all deliveries for alcohol, cigarettes, dangerous items and remove them.</i></p>
<input type="checkbox"/> Cooking appliances	<p><i>Generally, not permitted. If the fire alarm is set off, you will have to pay the emergency services fine and quarantine starts all over again if the hotel was evacuated.</i></p>
<input type="checkbox"/> Online deliveries	<p><i>Pre plan your order and checkout once you know your hotel address and room number. Coles and Woolworths all do hotel delivery but so do local supermarkets that might be state specific as well.</i></p> <p><i>Remember, mini fridges are small so don't over order chilled items. The fridges are not as cool as yours at home, so dairy will not last as long.</i></p>
<input type="checkbox"/> Food Deliveries	<p><i>Uber Eats, Door Dash, Deliveroo, KFC, Dominos etc can all deliver to you, as can local coffee shops, cafes & restaurants. Do ask your hotel if there is a limit on deliveries first. If in doubt, give the local café a call and ask if they can deliver. People can be very understanding.</i></p>
<input type="checkbox"/> Hotel Quarantine Staff	<p><i>Although you may view them as representing the government, they are not Australian Government representatives. If they advise you to use a business or a service, do your own research as well, as it may be their own business they are recommending, knowing that you will trust them. Naughty, naughty of them....</i></p>

Do you have other tips? [We'd love to hear from you!](#)

Compiled by Aussie Expats Coming Home

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