



Lub Tsev Haujlwm Saib Xyuas Kev Npaj Khomob Kub Ceev

Koj yuav tsum nqa dab tsi nrog koj yog tias koj hais kom khiav tawm koj lub tsev thaum muaj xwm txheej ceev?

Npaj thiab ntim ua ntej:

- Kev hloov khaub ncaws nrog rau lub tsho lub teeb, ob lub tsom iav ntxiv, cov thom khwm ntxiv thiab ris tsho hauv qab.
- Ib Cov Khoom Siv Ua Ntej.
- Cov ntaub ntawv tiv toj rau tsev neeg thaum muaj xwm txheej ceev (ntawm daim ntawv thaum muaj hluav taws xob tawm).
- Khoom noj khoom haus. Xws li cov khoom noj muaj txiaj ntsig zoo xws li cov khoom noj muaj protein ntau, txiv nto, lossis noob. Ntim zaub mov txaus rau txhua tus neeg rau peb hnuv. suav nrog cov zaub mov hauv kaus poom (cov protein ntau zoo li tuna, taum taum, txiv laum huab xeeb) thiab tsis txhob hnob qab tus qhib kaus poom.
- Dej: koj yuav xav tau 1 nkas loos dej, ib hnuv, rau ib tus neeg. Qhov no yuav tsum tau siv rau haus thiab da dej kom huv si. Hauv qee thaj chaw, cov twj tso kua dej uas nqa dej rau koj lub tsev yog khiav los ntawm hluav taws xob. Yog li txawm tias thov kom nyob hauv qhov chaw, koj yuav tsis muaj cov kais dej.
- Daim pam xwm txheej ceev tsawg kawg yog ib tus neeg.
- Multi-purpose cuab yeej
- Cov khoom siv tu cev thiab tu tus kheej (ntawv so quav, tshuaj txhuam hniav / pas txhuam hniav, xab npum).
- Cov Khoom Siv Tiv Thaiv Tus Kheej: Koj qhov chaw khiav tawm yuav tsis raug txiaj txim siab thaum koj tawm hauv tsev. Nqa ob peb daim ntaub npog qhov ncauj qhov ntswg thiab tshuaj ntxuav tes yuav ua tau yooj yim.
- Tshuaj. Tej zaum koj yuav tsis tuaj yeem nkag mus rau koj tus kws kho mob lossis lub tsev muag tshuaj thaum koj khiav tawm, ntim cov tshuaj xav tau, nco ntsoov tias lawv yuav muaj hnuv tas sij hawm thiab yuav tsum tau kuaj xyuas tsis tu ncua, raws li kev npaj rau kev khiav tawm.
- Electronics rau kev sib txuas lus thiab kev paub txog qhov xwm txheej. Xov tooj chargers thiab lub voos xwmfab plugs, thiab, yog hais tias ua tau, ib tug tes crank xov tooj cua thiab ntxiv roj teeb.
- Teeb nyem nrog cov roj teeb ntxiv. Tej zaum koj yuav raug khiav tawm mus rau thaj chaw uas muaj hluav taws xob, tab sis koj tsis tuaj yeem, cov teeb nyem pheej yig yog qhov zoo rau kev siv ib ntus no.



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- Cov ntaub ntawv tseem ceeb: Luam theej duab tag nrho cov ntaub ntawv xav tau thiab tsim ob lub flash drive. Muab ib qho rau hauv ib lub hnab Ziplock waterproof thiab khaws cia nrog Cov Khoom Siv Kub Kub. Xa ntawv lossis email rau ib tus phooj ywg uas ntseeg siab lossis cov txheeb ze uas nyob sab nraud yog tias tus thawj tus ploj lawm. suav nrog kev txheeb xyuas cov ntawv hla tebchaws, daim ntawv pov thawj hnuv yug, daim ntawv tsav tsheb, daim npav pov hwm kev noj qab haus huv, Daim npav Xaus Saus thiab Medicare, daim ntawv pov thawj kev sib yuav, daim ntawv pov hwm lossis cov ntaub ntawv, cov ntaub ntawv credit / debit card, cov ntaub ntawv hauv tsev thiab lub tsheb.
- Maps ntawm thaj chaw.
- Nyiaj ntsuab: Yog tias lub hwj chim tawm, ATMs yuav tsis ua haujlwm, cov tsev txhab nyiaj yuav raug kaw, tab sis koj yuav tsum tau yuav cov khoom npaj txhij txog. Yog tias ua tau, ntim ob peb puas duas las, hauv cov nqi me me thiab tso rau hauv lub hnab zip kaw.