Essentials:

Hardcopy bible, notebook, stationery, earphones
Pillow, sleeping bag / bed sheet, blanket
Very warm clothing
1 set of dark coloured sports gear)
Towel, toiletries and plastic bag (for dirty laundry)
Sleepwear
Shoes & shower slippers
Hygiene and medical essentials
Water bottle

Highly recommended:

Extra brekkie items
Eye mask and ear plugs
Thick blanket / electric blanket
Cup noodles / microwavable meal

□ Warm fuzzy goodies