

Tips for new Cruisers to the Lumut Area

This is primarily aimed at people on boats at Pangkor Marina and LMYS. But some of it may be useful for Langkawi people too.

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1 Online Buying

There are 6 online shopping places that we have used in Malaysia. They are:

1. Shopee shopee.com.my
2. Lazada lazada.com.my
3. Temu temu.com
4. Ali Express aliexpress.com
5. Amazon (usa) amazon.com
6. Boatyard Malaysia boatyardmalaysia.com

In 4 years of being “resident” in Malaysia, and buying hundreds of dollars of mostly low-end stuff, we have never had a terrible experience from any of these. One tech item got auto-canceled by Shopee because the shipper didn’t ship it fast enough near Christmas time. They refunded the money to my “Shopee Wallet”, but it took me a year to figure out to get set up to be able to use the Shopee Wallet. (Even if you pay at 7-11, the refunds do not go back via 7-11, they go to the “wallet”). You will likely need a local phone number in Malaysia to register for these local online shopping sites. (We recommend Hotlink/Maxis because their Malaysia, Singapore, Thailand roaming is easy and cheap.

Amazon from the USA has also started shipping to Malaysia, free shipping on selected items if you have Amazon Prime. More in the Amazon section.

For Pangkor Marina, what I was using for a shipping address for all of these is:

Person , Boat Name

c/o Pangkor Marina SDN BHD,
KM1 Teluk Muroh,
Lumut, Perak, 32200

Or for LMYS

c/o Lumut Marina & Yacht Services S/B.
Lot 50764, Batu 1,
Jalan Damar Laut,
Lumut, Perak, 32200

No need for the “Yacht in Transit” stuff, as the customs clearance is done by the shippers. Most stuff coming in via the local stores are all SE Asian goods and don’t need any special clearance.

Reviews: For things I really want reviews about, I will look for it on Amazon. The reviews on Shopee, Lazada, and Temu are a joke. Ali Express and Temu have slightly better review framework. But it is important on all platforms to try to choose a vendor that has some track

record, and read the reviews, pay attention to the user ratings and the number of items they have sold. I will try hard never to buy from someone with zero track records.

Free Items: One seller recently GAVE me 10 free items to go along with a small purchase (dish cloths). What's the gimmick? I was asked to review each one of those 10 free items, along with my one \$2 purchased item, giving that vendor a decent-looking track record pretty quickly.

1.1 *Shopee and Lazada*

Shopee and **Lazada** have some sellers that have stock in Malaysia, and their shipping times to Pangkor are quite good (2-4 days). Others may look (and say) they have local stock, but half of their stuff comes from China. But shipping is cheap, reasonably fast (2-14 days), and there is no duty or paperwork. No need on average stuff to declare "yacht in transit". The customs clearances are done by the selling organization.

Paying for items can be a chore. The simplest is to tick the Pay Cash at Local Store option, and take your mobile device to 7-11, show them the QR code from the app, and pay them cash.

Some items can also be paid COD. The guy on the motorcycle who delivers the item collects the cash. Useful if you are worried the goods may not come at all. But kind of a pain to deal with. (It may be possible to leave an envelope with cash at the Marina office.) Not very useful if you are concerned that the product might not meet your expectations, because you have to pay before you have a chance to try it out.

I tried credit cards, but they kept getting rejected. I have only recently gotten a credit card set up for Lazada and Temu using my Capital One Card's "virtual card" feature. This seems to go thru pretty seamlessly.

It's always useful to check both Shopee and Lazada when looking for an item. Sometimes the same product is cheaper on one platform than the other.

Searching on both these platforms is terrible. Sometimes when I'm trying to find something, I will use a Google search for it because the search engines on Shopee and Lazada are so bad.

Warning: If you pay cash at a 7-11 for an item, and it is cancelled for some reason, the refund is difficult to get refunded. They do NOT refund back to 7-11 for you to retrieve! Shopee wants you to give a local bank account, but if you don't have one. It will refund to Shopee Pay, but my Shopee Pay is inactive because the cell phone number I set it up with got lost.

1.2 *Temu*

Temu I think is based in Singapore. I hate their app (mainly because they are always trying to get me to buy more via stupid games, etc). But they have a lot of household goods very cheap, and shipping is quick. Unlike Lazada and Shopee, you can't just buy one item. They won't let

you check out until you have a minimum amount of goods in your shopping cart. But the stuff comes quick.

I am also using a virtual card from Capital One for Temu, and the sales go through easily without any 2FA crap.

1.3 Ali Express

Ali Express is all Chinese. Has a slightly better search engine. We have used a credit card there. Deliveries usually take 7-14 days.

1.4 Shein

Shein is relatively new. It has come up in a few google searches. A friend has bought clothing there and had a good experience.

1.5 Amazon

Amazon from the USA has also started shipping to Malaysia, with **free shipping** on selected items if you have Amazon Prime. Not every vendor on Amazon supports shipping to Malaysia, and not every product can be shipped. It may depend on whether the item is shipped out of an Amazon warehouse, or the seller's warehouse/shop.

What you do is put your shipping address into Amazon, starting with the country first.

For Pangkor Marina, what I was using is:

c/o Pangkor Marina SDN BHD,
KM1 Teluk Muroh,
Lumut, Perak, 32200

If you have Malaysia selected as your location at the top of the page, then Amazon will (mostly) only show you items that will ship to Malaysia. If it can't find what you are looking for that will ship to Malaysia, it may show you the items but indicate it's not something that can be shipped to Malaysia. There are also items that WILL ship to Malaysia, but not for free.

To get free shipping, you have to have Prime, you have to be shipping more than \$50 USD worth. Any shipment less than \$100 also comes in duty free.

What if you only need one thing that doesn't cost \$50? You can either ship it and pay shipping, or add enough to your cart to get to \$50. My last order was a boat fitting we couldn't source here that only cost \$8. I bought 2 of them, a cat toy and a bathing suit. The cats are happy, I am happy, and Dave gets his part.

What if you need something that costs more than \$100? Over \$100, there will be duty due, but Amazon handles all of that. Example, I just searched for a \$200 item. Amazon will ship for free and charges \$10.51 for duty. (likely 10% for the part that is over \$100).

Do not give the Yacht in Transit part to Amazon—the only time I did that, they cancelled my order.

Does this work for Amazon from other countries? I dunno.

1.6 Big Stuff for your boat from Foreign Locations

Mainly applies to bringing stuff in from outside SE Asia, as the ASEAN community has trade agreements similar to NAFTA, simplifying importing stuff from nearby countries.

If you want to purchase something that is truly “boat equipment” and bring it in duty free as Yacht In Transit, here are the things you need to know.

1. The Address MUST specify “YACHT IN TRANSIT: S/V Boat Name” and “SHIPS SPARE HC9800”
2. The shipment must have an invoice showing the origin and cost of the goods.
3. It is recommended to use DHL only, as FedEx and UPS do not handle the customs processing, and it can be a big hassle.
4. Be sure to give as contact, the phone number of the Marina OFFICE, as then they will call the office and they will help you figure out what you have to do to clear customs.
5. Normally, you meet the DHL truck at Customs in Lumut, with your boat papers, and clear as Yacht in Transit there. Then the truck will deliver (if it is large) to the marina after clearance, or hand it to you there at Customs, if it is small.

Beware the Gotcha about “emissions”. Anything with a transmitter COULD cause delays, as Malaysia has regulations about radio emissions. (This mainly applies to radio waves, did not have trouble with a radar (though someone else did), and I don’t think Bluetooth is an issue). Ask James Khoo what to do before ordering a radio of any kind from outside the country, or Google “Malaysia Sirim”.

I did have a shore charger recently held up at the Post Office in Ipoh (bigger town inland of Lumut). Finally they figured out that it was going on my foreign boat, and they released it.

2 Money

The money used in Malaysia is the Malaysian Ringgit, usually written as RM, R, or MYR. Right now \$1 US is ~4.10 MYR.

2.1 Cash

All the Malaysian banks have ATMs that (usually) will accept foreign credit and debit cards. There are ATMs at the big grocery stores.

When getting Ringgits out of an ATM machine, if it asks you whether you want IT to convert to MYR, or your bank, tell it NO you don't want to convert. The ATM conversion rate is invariably not as favorable as your bank rate.

2.2 Wise and Remitly

It is possible to open a Malaysian bank account if you plan to stay for awhile, but most cruisers just get [Wise](#) (an app, and a card), or use Remitly. It is much cheaper to move money from home via Wise than via Wire (at least from US banks), and most businesses invoice you with bank account information, so you can pay in MYR directly from Wise to their bank account.

2.3 Debit & Credit Cards

Foreign credit cards (Visa, MasterCard) are accepted at most businesses in Malaysia, though some will pass the credit card surcharge on to you.

2.4 Touch n Go

It is a good idea to get a Touch n Go account + card if you are staying in Malaysia for awhile. Smaller businesses that don't take credit cards will accept payment thru TNG, and I've found it useful as a payment option in some of the Malaysian online stores. Plus it is the main way to pay for tolls and parking.

Set up a Touch n Go account online, or via the app.

Buy a RM 10 Touch n Go card on Lazada, for a physical card, then go into the app and associate the card in the app. Then put some money on the card (I use Wise -> TNG App Account - > Card). If only staying in Malaysia for a short while, can probably borrow a TNG card from another cruiser, or from the office if you need to drive anywhere out of town. Paying cash tolls is painful and slow.

I also use my TNG account to send money to my prepaid number for credit.

3 Driving a Car

Google Maps has been our go-to driving application. Occasionally it is wrong, but 95% of the time it will help you locate a business and get you there fairly efficiently.

3.1 International Driver's License

I have heard from different sources that you don't need an international driver's license if your home country license is in English. I have heard from other sources that that is not true. Here is what HertzMalaysia.com says:

*Renters must have a valid national or international Driving License. Other nationals who hold a valid driving license in English can drive in Malaysia for a maximum of **3 months**. Probational license holders will not be accepted.*

Some cruiser on some group said they had been stopped for something and been told by the police that they should have an international drivers license.

So we have gotten them when we could. For Americans the only "sanctioned" source is the American Automobile Association, and there is no online, get it now, option (except now you CAN apply online, but they still have to mail you the "license". Their "licenses" when obtained while in the US:

1. Cost \$20 each
2. Require a passport photo and your current valid US driver's license
3. Are good only for a year
4. Can be post-dated by up to 3 months, if you are not traveling immediately.
5. Are just ugly-looking paper without even a photo on it.
6. <https://www.aaa.com/vacation/idpf.html#HowToApply>

The one time we came upon a police checkpoint, driving a rental car in the Manjung area, the police took one look at us and said "Oh, a foreigner in a rental, carry on." They were checking for expired registrations and ours was not expired.

There are online companies that advertise being able to obtain one immediately online. I don't know if they are available to Americans, what the cost is, or anything.

Here is a Malaysian Government Site that says you can apply for one locally:

<https://www.ipj.gov.my/en/ipj-service-information/international-driving-permit-application/>

These guys promise a digital version, immediately: <https://international-permit.com/>

3.2 Car Rental Businesses

Pangkor Marina has some rental cars available, and sometimes some motorcycles. I haven't checked recently, but in 2023, you could rent for a 2-hour time block, a half a day, by the day, week, or month. Sometimes they are out of cars (Nov/Dec timeframe).

LMYS currently has a loaner car for short trips.S

There is a Travel service in Lumut, called Super Clean, that also rents cars. Some people have found the longer-term rentals from Super Clean to be cheaper and better cars than the marina. Location: <https://maps.app.goo.gl/wtNu7wPYarGUw9Nz6>

Contact: WA +60 16-443-1882 Open Monday to Saturday 0800-1900.

3.3 Tolls and Parking

If you are driving on the expressway (to Ipoh, Penang, or KL), make sure you have a Touch n Go Card (see above under "[Money](#)"). Also useful for parking in some places.

Trying to pay road tolls in cash is a nightmare, and trying to buy a TNG card other than on Lazada we couldn't find one.

3.4 Grab

Grab is a ride-hailing service like Uber. Uber does not work in Malaysia. There's an app.

4 Flying in and Out

4.1 Via Ipoh (usually via Singapore)

Singapore Airlines is a great airline, and Singapore is a major hub. Depending on where you are going (Australia or USA), Singapore may be a good choice. Though you CAN spend a lot of money in hotels in SG, you can also find some clean, small, lower-end hotels in the \$75 USD range.

Two airlines fly out of Ipoh, AirAsia and Scoot. These are both budget airlines, have seats with little legroom that are usually jammed. You pay extra for checked luggage, but the flights are usually cheap.

4.2 Via Penang

A few airlines have direct flights to other locations out of Penang. We took a HK Express flight (a budget subsidiary of Cathay Pacific) direct from Penang to Japan (at 1am). It's about the same distance as Ipoh and there's a bus that goes there. We took a Grab (booked in advance to pick us up at Super Clean after we turned our car in).

4.3 Via Kuala Lumpur

4.3.1 Getting there by Bus

KL is another major hub with airlines flying all over the world. Most big airlines fly in and out of Terminal 1, but Air Asia flies out of Terminal 2.

If we are going in and out of KL, we will take the Arwana Bus from Seri Manjung (or Lumut) to “KLIA” (the airport). It doesn’t matter whether your booking says KLIA1 or KLIA2, the bus stops at both.

We book the trip on Redbus.com or 12go.asia. (both have apps). You can’t book more than 20 or 30 days in advance. You don’t have to book ahead, but doing so lets you reserve the seats you want. The seats are 3 across, 2 on one side of the aisle and 1 on the other. Think about which direction you are going (north or south) and where the sun will be. Also if you are traveling alone, or as a couple.

Once booked and paid online, you take your cell phone with the booking QR code to the bus ticket window at the bus station, and get a proper paper ticket, which is handed to the bus driver when you get on.

There is an alternate bus line, Star Express, but people have advised us that their buses are not well maintained.

The trip takes 4-6 hours. There is no bathroom on the bus. The bus is nice and air conditioned, and you can take all the luggage you want. The bus picks up and drops off at both terminals. It makes one or two short potty stops at rest areas that are not too grungy. Just be quick about getting off and doing your thing and getting back on the bus. There is usually an attendant who wants 50 cents and may or may not hand you a wad of toilet paper. These people keep the toilet clean, so be nice to them. Almost all bathrooms have at least 1 sit-down toilet.

4.3.2 Grab

Friends who missed their bus connection at KLIA just used Grab to arrange a driver from the airport. Cost is around \$100-\$150 USD.

4.3.3 Pre-arranged pickup service

A car will take less time than the bus, but at a substantially bigger cost.

If you are going TO the airport from Pangkor Marina, I think you can arrange in the office for a driver to take you.

There is a guy, retired Navy, who offers a private service, pickup and delivery to/from the airport. His name is Zali +60 19-567-6486. Last price we were quoted by Zali was 450 Rm. Zali doesn’t speak very much English, but he has been reliable. As car pickup locations changed in the airport, we had some trouble hooking up with him one time. But he WAS there waiting for us, somewhere, and a video Whatsapp of where we were standing helped us hook up. Make sure you know whether you are coming in at Terminal 1 or Terminal 2. And make sure you have a working Whatsapp account.

Super Clean travel service in Lumut can arrange a car or van to take you or pick you up. No idea what it costs.

Someone in Langkawi also arranged a one-way car rental from KL to Langkawi from Super Clean in Lumut.

5 Local Go-To Businesses

Pangkor Marina has a one-page sheet with contact information for most local businesses. But, it's knowing that they exist and what they do that's important. Below are the ones we know of.

5.1 Electrical

Electrical Work, installation, LifePO4 systems, Raymarine + B&G equipment installs, etc – **Ayn Marine**, Larry & Bella, walking distance, located in the building on the way out of Marina Island. Larry +60 11 6200-1307 <https://maps.app.goo.gl/ymrM74FQCfMJQTmSA>

Ingenious in Langkawi also does electrical work: <http://diamondingenious.com>

5.2 Electronics Repair

5.2.1 Raymarine

There is a Raymarine dealer in Malaysia but they will NOT do repairs. Pretty useless unless you want to buy new stuff. No local warranty support, even for new equipment you bought from them. (send it to Australia).

There is also a cruiser who orbits between Langkawi and Phuket and does electronics stuff (screen repairs for burned instrument screens). The boat is mv Trigger (a catamaran without a mast) and the South African guy's name is Chris +60 11-3171-5602.

5.2.2 Icom

There used to be an Icom business in Manjung somewhere, but the last known location was closed when we went looking for them.

5.2.3 Miscellaneous Guys

Salleh, the refrigeration guy, has a friend/associate that does electronics controls repairs for him.

In our cell phone contact list, I list two "electronics" contacts, but we can't remember who these guys are (one might be Salleh's guy).

Faizul +60 12-524-9497

Chandra +60 12-555-2070 (VRC Enterprise) <https://maps.app.goo.gl/KemvqLTjvYm1o6p1A>

Best to ask on the Pangkor Whatsapp for exactly what you are trying to repair.

5.2.4 Computer Repair & Supplies

Parade Computing in Sitiawan (there are several Parades in town, this is the one we went to for a screen replacement and a hard drive upgrade). <https://maps.app.goo.gl/a9m4YJ9DAbXfC1hj8>

There's an Apple shop in Aeon mall, I think.

James recommends "Kristal Mobile Shop at Billion" +60 14-941 4634

5.3 Machining & Fabrication

- **Southward Hose & Engineering:** Southward is a shop with things like stainless steel fasteners, hydraulic hose, and similar stuff. Their pictures on Google show a laundromat, I don't know what that is (not Southward). Located next to Southward (where the DHL sign is on google) is their machine shop, where Franco can fabricate almost anything you may need, in whatever material you require. Franco doesn't speak much English, so arrange with Southward (Franco's wife) at the shop to help you interpret.
- **Straits Marine & Fabrication:** This used to be the go-to place for odd machining & metal fabrication jobs, but they lately have been non-responsive.
- Larry's brother-in-law, located next to Ayn Marine, in the building on the way off Marina Island.
- Aboy. Aboy will actually come to the marina to do metalwork (and apparently Teflon stuff as well). +60 16-520-6640 Good work for good price. Has a big workshop somewhere in town.

5.4 Stainless Steel Nuts & Bolts

For 304 & 316 fasteners... Koay Brothers, Southward Hose, Flexseal.

5.5 Engine Work (Diesel & Gas)

- - Bulat +60 18-275-2834
- - Zaman +60 11-3630-6119

Both are busy.

There is also an outboard mechanic in Sitiawan that some people have used.

SOC Marine +60 12-301 1669 <https://maps.app.goo.gl/ymrM74FQCfMJQTmSA>

Turbos: Someone recommended an outfit in Ipoh called 96 Turbo for doing work on turbo engine parts.

<https://www.96turbo.com.my/>

5.6 Batteries

5.6.1 LifePO4

A number of people have ordered LifePO4 cells from Amy at Docan Power. They are air-freighted, arriving in 7-10 days. Matched Grade-A cells with documentation (if you ask for it) showing the factory test results by serial numbers. <https://www.docanpower.com/>

Email: amy@docanpower.com

Amy Zheng on Facebook. Group: LifePO4 Lithium Solar Battery Enthusiasts Group (Docan Amy)

5.6.2 Start Batteries (Lead Acid & AGM)

The shop in Lumut called Liam Hup Battery & Electrical usually has what people are looking for.

<https://maps.app.goo.gl/Yw5fxxesNwqSF1Ed7>

5.7 Paint & Painting / Fiberglass Contractors

There are 3 that work in the marina. We have primarily used Islam (14-214-1913). His shop is right behind the guard gate at the entrance to the marina. The two others are also good, but we settled on Islam and have been happy with his work. However, he is not cheap. Islam also does woodwork as well.

Jimmy (Prestige +60 19-574-1398) and Joe (+60 12-576-7555) are the two other guys. Both have a container that they work out of on the marina grounds.

All are busy.

5.8 Refrigeration

Salleh is generally the person called for refrigeration and air conditioning issues. +60 19-253-6110. He is busy and usually only available on weekends.

He has a friend that does electronic repairs (we used him first for the electronic control on our refrigerator).

5.9 Marine Supplies

- **Go Boating Trading**, on marina grounds. Has small amount of most-often-requested items, and can arrange orders for almost anything in Asia from other places in Singapore and Malaysia.

Adam Tan +60 11-1335-8918

- Lean Shun (The “Nippon Paint” store) not far outside the marina [Map Link](#)
- Koay Brothers a little further out from the marina [Map Link](#)

- Prestige Marine (on the way to Lumut) (aka Jimmy's Shop) [Map Link](#)
- Flexseal in Sitiawan (Hydraulic Hose, stainless fittings, paint, etc) (go to KFC and turn left) [Map Link](#)
- Southward Hose (hoses, stainless fittings, etc) in Manjung [Map Link](#)

Also, there are marine stores in Langkawi (Marine Supplies Asia), Phuket (East Marine and a couple of others), and Singapore (MarinTech).

Marin Tech – Jan 2026: To anyone looking for marine electronics, I recommend looking at Marintech in Singapore. They are incredibly responsive, helpful and knowledgeable about the products they sell. Our new AIS was shipped to us in Thailand the same day we made payment, already programmed with our MMSI, and queries as we worked through the installation were answered the same day (sometimes outside office hours). Great service. Customs processing into Phuket was very straightforward. I had an email from DHL telling me the amount of tax due. There was a link to the payment page and I paid by credit card. The goods arrived in Phuket the day after I paid.

5.10 General Hardware Stores

DIY – good for household and general hardware. A chain that's got several locations in Manjung/Sitiawan/Lumut.

Lean Shun (Nippon Paint store)

5.11 Canvas & Cushions

Razali Upholsterer 017-417 0148 Next to Prestige Marine on the way to Lumut

Dr Sofa near the bus station

"Sail Loft" in a little shop near the intersection where you turn right to go on the KFC road. They do (mostly?) auto upholstery I think. We got a fairly simple cockpit cushion recovered there, and they did a nice job.

Diamond Ingenious in Langkawi also does canvas work: <http://diamondingenious.com>

5.12 Sails, Sail Repair, Rigging

Au Wei is (or was) a Doyle Sails rep in the Lumut area. Someone told me he is now not with Doyle but someone else (don't know if that's true). He has a big loft and can do anything any other rigger can, sails, sail repair, rigging, rig tuning, etc. As always, anyone who's any good is usually backed up.

Contact: + 60 16-411-5151 au_wei9339@yahoo.com

We ordered a sail from **Zoom Sails** and had it delivered to Langkawi. The Langkawi rep for Zoom Sails is Yachtworx. There is also a Phuket rep for Zoom. Both will come out and measure for new sails, or you can do your measurements yourself. Start with phil@zoomsails.com or their website. The sails are made in Sri Lanka. We asked about picking our sail up in Sri Lanka but it was more hassle than just sending it with a batch already planned for delivery to Langkawi. Once in Langkawi, it was easy to get another cruiser to bring it down to Pangkor.

There are at least 3 sailmakers in Phuket: Rolly Tasker, SE Asia Sails, Zoom Sails

5.13 Safety Equipment

Liferaft repack & liferaft supplies: Ganesan at **Ocean Success** +60 12-266-0425

<https://maps.app.goo.gl/Vnyc5NyD2yz2BfSV7>

Fire Extinguisher recertification: **Shintech** +60 16-526-8032

<https://maps.app.goo.gl/zUFAjhwvG2csC6JZ7>

Note, the Google pin is for the BACK DOOR (delivery address?) for Shintech, not the front door. Adjust your route accordingly. The front door is off the access road/parking lot just off the main road.

5.14 Dinghy Repair

There is a company around the block from Ocean Success that does dinghy repair. I can't find a business listing for them and the pic I took of their sign has gotten lost. It is approximately here.

<https://maps.app.goo.gl/G9cS81z8ZkDGt4Ec8>

5.15 Sewing Machine Repair

Several people have used **Tip Top** for tuning up their sewing machine. Highly recommended. Usually takes a couple of days. Not expensive. Also has sewing machine supplies like bobbins and needles and striker plates. Familiar with Sailrite and sailrite-like machines as well as home machines.

Tip Top Sitiawan Enterprise(Mesin Jahit)

107, Jalan Sejahtera 2, Medan Sejahtera, 32000 Sitiawan, Perak

<https://maps.app.goo.gl/LtL7zU4E248xEp4j8>

5.16 Ready Made Awnings

Everyone needs a good awning for on-the-hard anywhere in Malaysia or Thailand. You can have a (heavy) canvas/sunbrella one custom made, at pretty high expense, or you can buy a ready-made rectangular awning with grommets already installed. They are not "forever" awnings,

and they are only about 90% sunproof, but they are easy and lightweight, and not too expensive. We bought a big set (left and right sides of our mainsail) for marina use, and a smaller set to use after we leave the marina.

<https://www.lazada.com.my/products/i2166083574-s9006087641.html>

5.17 Medical & Dental

<https://www.pantai.com.my/manjung>

Can usually make appts at the local Pantai hospital online on their website.

Eyes – Dr Gideon at Pantai Hospital +60 11-5552-8698

Skin – Dr? who comes Wednesdays and Saturdays(?) to Pantai from Ipoh

Teeth – Dr Wendy +60 17-488-2525

Pantai Hospital in Penang advertises a half day package to get all your diagnostic work done...fasting blood work, urinalysis, fecal analysis, chest xray, mammogram, prostate check, stress test and EKG, etc. At the end of the morning, you get a ½ hour consultation with a doctor to go over your results. You can immediately schedule (usually) same-day visits for any needed follow-up, or schedule for follow up in Pantai Manjung or Ipoh.

<https://www.pantai.com.my/penang/health-screening-packages/premium-package-rm720>

Pantai Manjung can do most of this screening, but doesn't advertise it as an "all in one day" package.

5.17.1 Vaccinations

We got vaxxed for Covid and a 2nd shot for something that we got the first shot in the USA for.

PMG Medical Clinic Sitiawan WA +60 10-369-7966

Likely can do most vaxes at Pantai hospital, but may not be as cheap as a local clinic.

5.17.2 Pharmacy

James recommended Farmasi Hing. I think it's a chain. We've been going to the one in Sitiawan that James recommended, but there is one closer. So far we have been able to get all our maintenance meds over the counter with no script. But probably not antibiotics.

<https://maps.app.goo.gl/LQ2LjYTKB8o828WS7>

Some farmasi's have a doctor in house that can write you a script for antibiotics.

5.17.3 Vet

The most recommended vet is Nagavet. Kinda far out there, but the vet is wonderful. He WILL make a house call at the marina if necessary (costs more and harder to schedule).

<https://maps.app.goo.gl/JMKVHQr86UP3G8aCA>

Closer is Wondervet next to Aeon. But a friend who went there said English was not great, so for complicated problems not recommended.

5.18 Provisioning

5.18.1 Grocery Stores

Aeon (big store in a mall, aircon, wide aisles, nearly everything you'd find in a western big grocery store, liquor and pork products in the back). Cheese!

<https://maps.app.goo.gl/YEGsdPRRLB6Lxkp3A>

Billion (big store, recently renovated, now similar to Aeon, less imported stuff, no cheese), slightly less expensive than Aeon, but aisles narrower, harder to navigate with a shopping cart.

<https://maps.app.goo.gl/MXuVATrZKhqWvmY6>

Lotus (aging, cheaper) <https://maps.app.goo.gl/A6GbRYh5xdqykBHe7>

TF Value Mart (aging, cheaper) <https://maps.app.goo.gl/CyqLzC9gTW1EKuEN8>

Smaller grocery stores abound.

Aeon in Sitiawan has a lot of western goods, but for a real selection, go to Ipoh (90-120 minute drive inland). The Jaya Grocery store in the basement of the mall has much more selection for western goods, like gluten-free, etc etc. <https://maps.app.goo.gl/fsvUYSZPrmicWH5y5>

5.18.2 Bakery Supplies

There's one in the block behind "The Store". I think this is correct pin:

<https://maps.app.goo.gl/vcswSdQDYDVwotuL9>

And Top One Bakery Ingredients across from Lean Shun Hardware (not far outside the marina).

<https://maps.app.goo.gl/Y9nNdomWqwXaWA4C6>

5.18.3 Pork Products

There's a huge Chinese wet market called **Looking Good**. This pin is labeled "Manjung Bowling Center" but it's no longer a bowling center but a big indoor wet market.

<https://maps.app.goo.gl/NtKTKeJTmmdFTDi28>

There is also a food court next door that people talk about (called Looking Good).

The market is open something like 5:30am to 11-ish (they start shutting down just after 10). Seafood, fruit, veggies, pork, chicken, maybe beef? The pork section is way in the back. You can get ribs, chops, tenderloins, etc. All freshly butchered.

5.18.4 Seafood

Looking Good (above under Pork) has a seafood section. There is also a seafood market somewhere in Lumut. And a new one, about 1/3 the way to Aeon (open 2pm in the afternoons). <https://maps.app.goo.gl/3H7ajpfopY2KR4jb8>

Aeon also has pretty good looking seafood, including imported stuff like Salmon from Chile and Norway.

Billion also has a lot of seafood, not as nicely arranged as Aeon.

5.18.5 Pet Food

The grocery stores have a basic selection of cat and dog food.

Top Pet has several locations in the area, with one fairly close to the marina. Sign up for their discount card, it's easy. Cats, dogs, birds, etc.

Somewhere there's an aquarium store (google it).

Cat Mall is also fairly close to the marina.

5.19 Eating Out

5.19.1 Western Food

High Time, on the water, over behind the ferry terminal

Bella's, on the road on the way off Marina Island. (Italian bakery-ish type place, with pizza and other things).

Capri, near the water in Lumut (Italian & Malaysian)

<https://maps.app.goo.gl/q4Pv91BZBheLr6GEA>

The German resto next to Capri

Fast food: McDonalds, Burger King, Pizza Hut, Dominos

5.19.2 Food Courts

Aeon Mall

“WDS” (beer served) <https://maps.app.goo.gl/A3cpGwMEZW15CEX2A>

Looking Good (beer served) <https://maps.app.goo.gl/fsvUYSZPrmicWH5y5>

5.19.3 Local Favorites

Yi-Ho Bakery

Yan Bin Ge (Slightly upscale Chinese, with A/c and sit down toilets)

One Hot Pot

Su & Chef (sushi) & Moki Sushi

Thainese

Sam's (great roti canai) Google “Roti Canai Kekanda”

5.19.4 Delivery Options

We use Grab (the ride hailing app) Food.