NOTES ON PACKING

Remember everything you pack you have to carry, keep track of, and make room for when the program ends. With that in mind, it is a good idea to pack light and think about whether an item is needed, wanted, or if it can be bought relatively inexpensively in the UK. Most toiletries and personal items can be purchased in the UK, so you don’t necessarily need to bring 3 months’ worth of everything. If there is a particular brand you MUST have, then that is your decision.

WHAT TO BRING

Items with a £ can be purchased as needed in the UK relatively easily.

- A good travel guide/book (Let’s Go!, Lonely Planet)
- Warm Clothes (hoodies, sweaters, warm socks, long johns)
- Clothes that can be layered – the house tends to be casual – about a week’s worth
- Socks/nylons
- Underwear
- Swimsuit
- Belt
- Hat
- Pajamas
- Lightweight cover-up or bathrobe
- Waterproof windbreaker with a hood
- A warm coat
- Small backpack for short/day trips
- Covered mug/Nalgene bottle
- 1-2 dressy outfits
- Good walking shoes
- A pair of dress shoes
- Shower shoes
- Slippers
- Camera and charger
- Laptop
- Prescription Medication/extra contacts/glasses (packed in your carry-on with prescriptions)
- Journal
- School books
- Money belt
- Small flashlight
- Address book
- Toothbrush
- Pictures of your families and friends
- Postcards of hometown
- Small inexpensive gifts
- Combination lock for room safe
- School Supplies
- Band-Aids
- Feminine products
- Sun screen
- Vitamins
- Antacids
- Thermometer
- Antibacterial ointment
- Aspirin/ibuprofen
- Anti-diarrhea medicine
- Cold medication
- Condoms
- Umbrella
- Needle and thread
- Safety pins
- Sunglasses

WHAT TO LEAVE AT HOME

- Electrical devices with US voltage (laptops, iPods, and cameras are OK to bring)
- Plug adapters (Approved adapters can be checked out for use during your time in the UK)